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OTTAWA metro®
NEWS WORTH SHARING.

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Show based on classified ads spotlights humour, connectedness and longing PAGE 3

Pump up your body and mood
Well-trained muscles produce depression-fighting enzyme, study shows PAGE 24

YUP, IT'S DUMBERER
DID THE FUNNY GO FLAT AFTER 20 YEARS? DUMB AND DUMBER TO MAY GO THE WAY OF OTHER DELAYED SEQUELS PAGE 17

Frosh promoter admits selling MDMA to cop

'I'm not a drug dealer.' Jarett Lopez says he could be facing six months in jail

TREVOR GREENWAY
trevor.greenway@metronews.ca

Even though he admits he sold ecstasy to an undercover cop, Jarett Lopez doesn't think he should go to jail. He says he is not a drug dealer and says he was targeted because of a controversial frosh week party promo video he made.

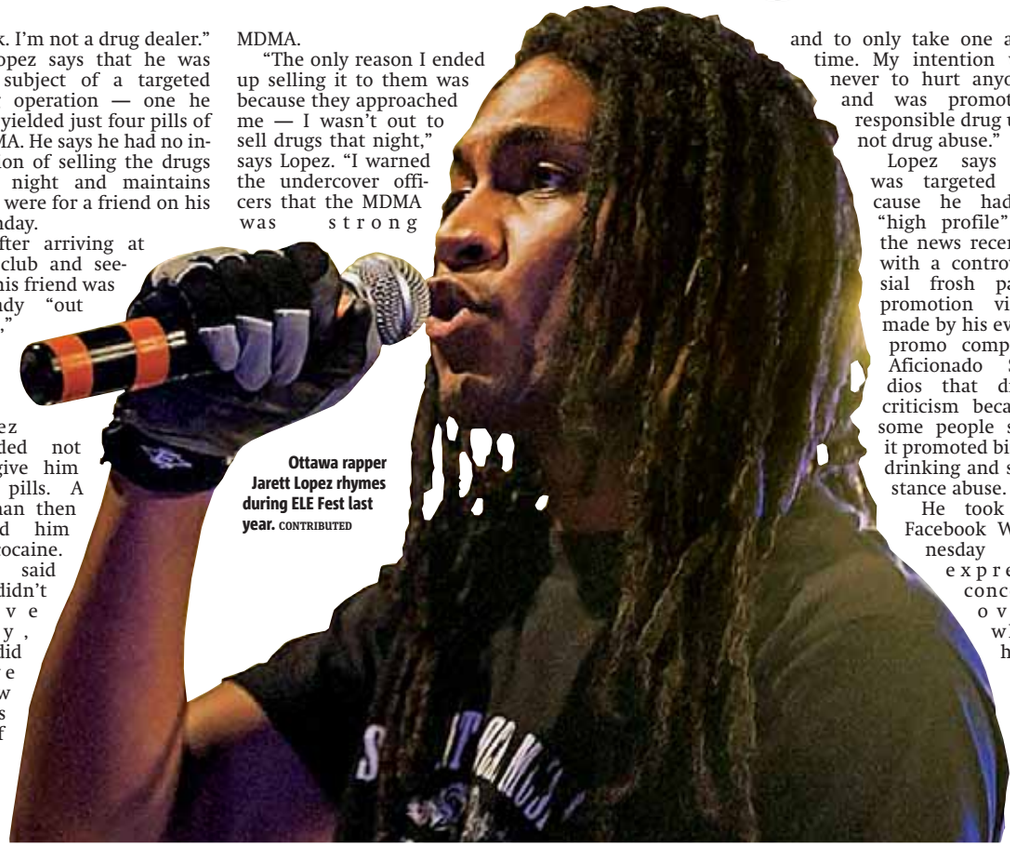
The University of Ottawa student and party promoter was arrested Aug. 29 and charged with trafficking after selling MDMA pills (commonly called Molly, or ecstasy) inside a nightclub in the ByWard Market.

"The charge isn't bull---t, I clearly sold drugs to an undercover cop," Lopez told Metro in a Skype interview Wednesday. "A drug dealer, in my mind, is someone who wakes up and makes or sells drugs all day long. I have normal day-to-day things that I do: I go to school, I work. I'm not a drug dealer."

Lopez says that he was the subject of a targeted drug operation — one he says yielded just four pills of MDMA. He says he had no intention of selling the drugs that night and maintains they were for a friend on his birthday.

After arriving at the club and seeing his friend was already "out of it," Lopez decided not to give him the pills. A woman then asked him for cocaine. He said he didn't have any, but did have a few pills of MDMA.

"The only reason I ended up selling it to them was because they approached me — I wasn't out to sell drugs that night," says Lopez. "I warned the undercover officers that the MDMA was strong and to only take one at a time. My intention was never to hurt anyone, and was promoting responsible drug use, not drug abuse."



Ottawa rapper Jarett Lopez rhymes during ELE Fest last year. CONTRIBUTED

Lopez says he was targeted because he had a "high profile" in the news recently with a controversial frosh party promotion video made by his event promo company Aficionado Studios that drew criticism because some people said it promoted binge drinking and substance abuse.

He took to Facebook Wednesday to express concern over what he said was the Crown's push to put him behind bars for six months. In the post, he says he possessed the drugs, but says he is "no Scarface."

"Four pills and they want to take half a year of my life away. They won't get it. I'm doing what I must," he wrote.

After warning friends to be "careful," the post then goes on to "most importantly" remind friends that his EP Gifted Ones is coming out in December or January, seemingly using his legal predicament to promote his music.

Lopez said he is fully aware that his post directly implicates him in the crime, as does admitting to selling drugs in this newspaper. He said he is prepared to plead guilty to the offence and hopes his volunteer work at the Shepherds of Good Hope, school and work will prove to a judge that he is a contributing member of society so he can avoid jail.

When asked if rehab is an option, he said, "I'm not an addict," but says he sees a counsellor regularly for depression, insomnia and attention deficit disorder.

Lopez is due back in court Dec. 10.

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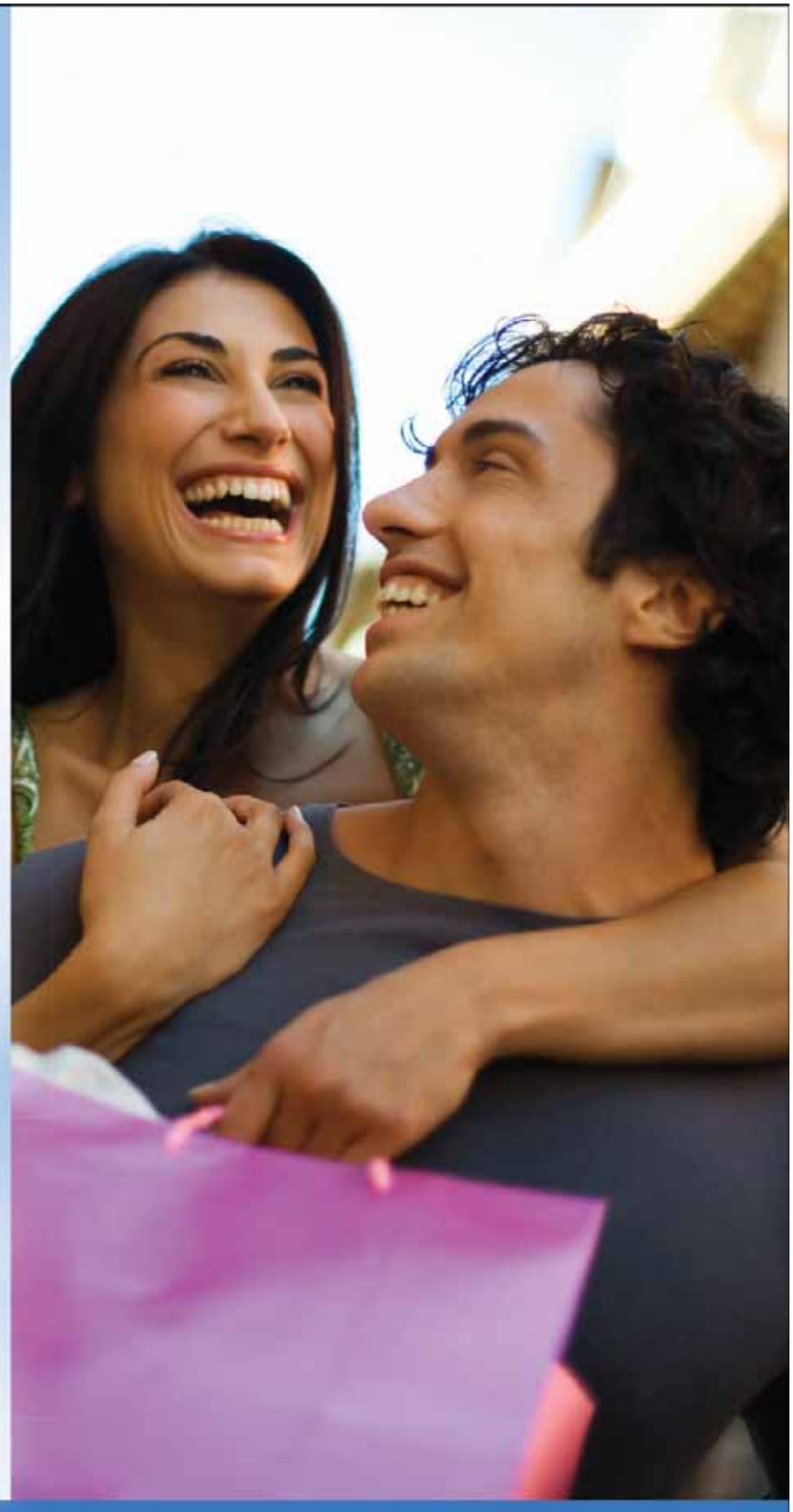

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ONTARIO HOME BUILDER OF THE YEAR 2014

John deHooge

Fire services chief announces he's retiring

After a 35-year career, Ottawa Fire Services Chief John deHooge announced he will retire on January 31, 2015. DeHooge, who has led the department since his appointment 2009, was feted in a public statement issued by the city.

"Drawing on his considerable experience as fire chief in the City of Waterloo and as deputy fire chief for the Town of Oakville, Chief deHooge has been a strong and progressive leader during his time in Ottawa," said Mayor Jim Watson. "His focus has been on ensuring the safety of residents and visitors to the city. On behalf of my colleagues on council, I wish John all the best as he retires to spend more time with family and friends."

DeHooge oversaw a host of initiatives, promoting better service through inclusion and workplace culture, developing a mental health awareness program, overseeing the launch of two new fire stations, improving communications to staff, and strengthening partnerships with the Ottawa Police Service and Ottawa Paramedic Services through the Joint Emergency Services Operations Advisory Group. He has also helped the city to become the largest composite fire service in Canada to receive accreditation from the Commission on Fire Accreditation International.

The City of Ottawa says it will now begin the process of looking for a replacement. METRO

Ottawa Valley native Selina Martin plays the saw while Bree Greig sings a song from the upcoming NAC English theatre presentation of Do You Want What I Have Got? A Craigslist Cantata. SEAN MCKIBBON/METRO

Click yes online to seeing this musical

On stage. Just like the Craigslist ads it's based on Do You Want What I Have Got? sells itself in seconds

SEAN MCKIBBON
sean.mckibbon@metronews.ca

It's a musical about missed connections, surplus goods and human longing spelled out in Internet classified ads.

"It's a show created mostly from verbatim Craigslist quotes," explains musician and actor Selina Martin. There isn't really a narrative arc to it; rather, it's a collection of moving and often funny vignettes, she says.

"It's been going through various stages of evolution as we've been working on it over the years but now I feel like it's in its final tight little awesome package."

Initially it was 20 minutes, then grew to an hour and a half, and now it clocks in at a svelte hour and 15 minutes.

Ottawa media got a brief taste of the production Thursday — a short song performed by actor Bree Greig, with accompaniment on the saw by Martin, Marguerite Witvoet on piano and Barry Mirochnick on guitar. The song's all about a family whose young daughter apparently enjoys pulling the heads off dolls.

"Our therapist says we should let her," sang a clearly pained yet comical Greig before offering up a mess of headless dolls to a good home for free.

Some of the songs aren't completely verbatim, but based on the idea of some of the ads, but Martin says, verbatim or composed, the pieces use the idea of Craigslist to "look at human connectedness and disconnectedness and longing."

"I love non-traditional theatre. The comedy in it is sometimes really absurd and that's right up my alley and it's not really — in terms of musical theatre, it's not really a traditional musical — we break into songs for no reason too — we're singing Craigslist ads, but it feels way funnier to me," she says.

Do You Want What I Have Got? A Craigslist Cantata by Veda Hille, Bill Richardson and Amiel Gladstone runs Nov. 12-22.

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Tokyo Police Club headed to Ottawa with Forcefield

Playing together since Grade 9.
Foursome released third studio album in March

TREVOR GREENWAY
trevor.greenway@metronews.ca

When Tokyo Police Club orders late-night pizza after a sweaty gig, the last piece sits in the box with four hungry 20-somethings staring at it.

Nobody wants to be "that guy," the selfish jerk who ate the last piece of cheese pizza.

It's a metaphor for the level of respect the bandmates have for each other — a major reason why the Newmarket, Ont., foursome, who have been jamming together since Grade 9, haven't killed each other yet.

"We really have a respectful dynamic and we never get into arguments, really," said frontman David Monks, adding that there have been a couple "dark moments" when the band was younger. "Generally, we are not volatile."

The young band exploded onto the scene in 2007 — playing huge festivals like Coachella, Glastonbury and an appearance on the Late Show with David Letterman.

They rode that success through to 2010, releasing two studio albums along the way.

But Monks says the band hit a wall in 2011 and spent three years writing Forcefield, released earlier this spring. He said it was tough for the band to shrug off the early success and they couldn't get out of the mode of trying to win fans over.

They really wanted to get some U.S. radio time, but didn't have the right song for it. They worked tirelessly trying to find the right recipe for a U.S. radio audience and found it with Hot Tonight, but while it did make the airwaves, it didn't get enough play.

"You can't bottleneck your creativity in that way and just make it all about this one song," said Monks, adding that the record did eventually come out strong, but it just took too long.

The band plays Ottawa Nov. 28 at Ritual Nightclub for a crowd they know well. Monks estimated the band has played Ottawa about 30 times, but he still gets goosebumps when he sees fans screaming the words to all of his songs.

Tickets are $30.

Tokyo Police Club plays Ritual Nightclub in Ottawa Nov. 28. CONTRIBUTED

Sloan goes solo, sort of, on new record

Sloan is heading to Mavericks Nov. 28, on tour with their new record Commonwealth. CONTRIBUTED

Members of the Canadian rock band Sloan are literally getting their own 15 minutes of fame.

On their new album Commonwealth, each of the quartet's members got a side of the double vinyl record to use as an open canvas — Canadian democracy at its finest.

It's a way for the band to put out that inevitable solo record that aging rockers usually venture into without going on a hiatus or breaking up.

"Our band is probably one of the few bands where everybody could actually make a solo record if they chose to, because everybody sings and writes and plays different instruments," said Jay Ferguson, who is typically the band's rhythm guitarist.

On Commonwealth, he sings, shreds and hammers on the drums — skills he will put on display during the band's Ottawa stop Nov. 28 at Mavericks.

"We thought we would do it all under the guise of Sloan and make a double album where everybody gets their own 15 minutes of real estate to do exactly what they want," he said.

For guitarist Andrew Scott, he takes a bit more time, occupying his side with one epic track worth 17 minutes. Much of the album still sounds like classic Sloan, but each side has its distinct flavour — from the heavy, catchy riffs that made the band popular in the '90s to the more melodic tones that made 2001's Pretty Together so fluid.

The beauty of releasing a solo album together as a band for Ferguson is that he gets to hear three-quarters of the record as a fan — something he hasn't really experienced in the band's 23-year career.

"I am a fan of the other people in the band, so almost reacting to it as a fan, it's fun to listen to what I would imagine a Chris (Murphy) solo record to sound like," said Ferguson.

Sloan hits Mavericks Nov. 28. Doors open at 8 p.m. with tickets at $29.50.

TREVOR GREENWAY/METRO

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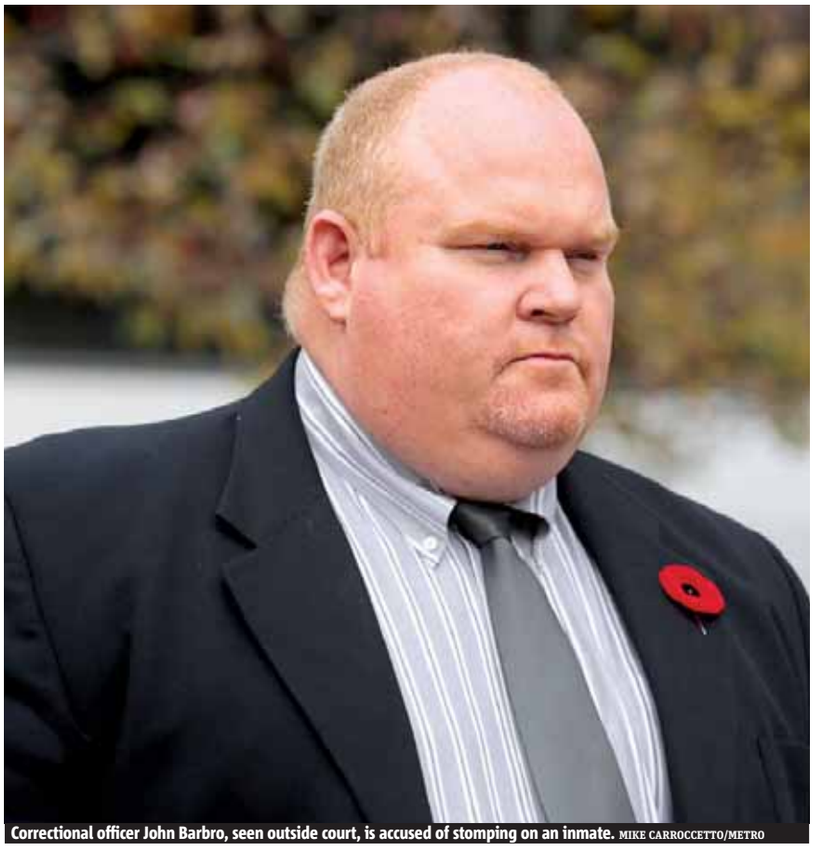

Correctional officer John Barbro, seen outside court, is accused of stomping on an inmate. MIKE CARROCCETTO/METRO

Jail-guard witness a 'blame shifter,' claims defence

Court. Woman omitted details of inmate's alleged beating in her initial report

A correctional officer was told that if she could not explain the bloody injuries on inmate Jean Paul Rheaume's face, she would be held responsible for his alleged beating, an Ottawa courtroom heard on Thursday.

So Melissa Schell told internal investigators her colleague, John Barbro, stomped twice on the inmate's head at the Ottawa-Carleton Detention Centre on Oct. 23, 2010. He was fired and is now on trial for assault causing bodily harm.

In her initial written report, court heard Schell purposely omitted details about the alleged beating. But she said internal investigators were "pushy" when they interviewed her almost four months later. Holding up a photograph of Rheaume's bloodied face, they told her to identify the cause of his injuries or risk losing her job, she said.

She was suspended for 15 days.

Although she previously told court that she glossed over details in her initial report because she was afraid both she and Barbro would lose their jobs, defence lawyer Michael Edelson called her a "blame shifter" and said she put her co-worker's career at risk.

"Because he did it," Schell responded.

She previously told the courtroom that Rheaume, who suffers from a brain injury, walked out of his cell after Schell collected his meal tray and demanded to go for a walk.

"I will rape your sister," he told her and raised his arm as if to strike, according to Schell's version of events. She and her partner tried restraining him and fellow guards rushed to help. They got Rheaume on the floor, handcuffed him and that's when Barbro allegedly stomped on him.

But Schell admitted in court that certain details of the incident have become foggy due to time and stress.

In her initial statement to investigators, she said Barbro wore boots when he stomped on Rheaume.

But court heard Barbro always wore running shoes at work.

The trial continues on Monday.

LUCY SCHOLEY/METRO

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Survivor of teen prostitution shares her story of recovery

'It was a f---ing circle.' Woman speaks out after ringleader of teen pimping ring in Ottawa was sentenced to 6.5 years in prison

JOE LOFARO
joe.lofaro@metronews.ca

Vehicles travel down Montreal Road in Vanier, a neighbourhood where a woman we are calling Jessica says she fell into work in the sex trade as a teen runaway. JOE LOFARO/METRO

She grew up in an affluent suburb in Ottawa's east end. Her parents were government workers. She had what seemed like a normal early teenage life.

But at age 14, after her parents divorced, she ran away from home and wound up on the streets of Vanier looking for clean clothes, money and a place to stay.

Men would pass her on the street. "Hey, how are you?" a strange man would ask. He would return night after night, get to know her, gain her trust, and then, she says, one time he asked her for a favour — would she meet a "friend"?

The favour meant a loss of innocence and ended with cash in someone else's pockets. She doesn't want to go into details.

When asked what happened when she met with that "friend," she says:

"You know, just what happens. We exchanged services for money. I knew what I was getting into."

She met her clients through escort ads in local newspapers, she says.

This went on until she was rescued at age 17.

More than a decade after it all started, she broke her silence this week by speaking to Metro about her experience as a teenage sex worker.

Jessica (not her real name) doesn't want her true identity revealed in order to protect her privacy.

Metro confirmed her story with Ottawa police, with her consent.

After news reports about a teen pimping ring in Ottawa exploiting young girls, and with the ringleader sentenced last week to 6.5 years in prison, Jessica wanted to share how she overcame the trauma of working as a 14-year-old sex worker. She hopes that it might help the teen pimping ring's victims and others.

As a runaway, deprived of the benefits of her family's home life, Jessica found the pimps were quick to step in.

"They know what runaways want. We want clean clothes, we want a place to stay. We want food. We want alcohol," she says.

"I knew what I was getting into. I wasn't like those poor girls, those poor victims in that new case. Like that 13-year-old, (who said), 'I was going for a sleepover.' That made me cry because I can just imagine how innocent a 13-year-old can be."

Lately, she has been considering doing outreach work for runaway girls to prevent them from making the same choices she did.

At 14, she says she felt like she had no choice. Police would bring her back home and she would do it all over again.

"Run away, go back to the same people. It was a f–ing circle," she says.

Quoted

"They know what runaways want. We want clean clothes, we want a place to stay. We want food. We want alcohol." **Jessica** on how quick pimps are to step in

Things got even worse when she met a female pimp.

"Women pimps are the worst kind because you trust them. She treated me worse than any other male pimp that I knew," she recalls.

Both Jessica and her female pimp were arrested. One of Jessica's charges included living off the proceeds of crime.

She says she spent nine months in closed custody where she saw a counsellor regularly to help her get on the right path as she entered adulthood.

How Jessica recovered from the trauma

One way Jessica deals with dark thoughts about her past is by writing them down in a diary that she burns. GETTY IMAGES/ISTOCK

Jessica endured three years of life on the streets and nights spent in hotel rooms with strange men.

Today, she says she has a full-time job, is a few months away from earning a college diploma, and is engaged to her fiancé, with whom she shared her dark past.

Here's how she got here:

One-on-one time

After she served her time, she sought help from a therapist so that she could talk about what happened to her.

To this day, Jessica's parents don't know the whole story and she wants to keep it that way. The fear of being judged by family members was too much for her and she knew she wouldn't be completely honest with them, anyway.

"When you tell it to somebody who's not your family member and who has to keep it anonymous, it's like you're telling it to a book with a key," says Jessica.

With a therapist, she can say things without the anxiety of her using it against her. Leaving the therapist's office after a one-on-one session was the most rewarding part.

"It's like heaven, you feel so cleansed and clean and it's like nothing can stop you after that," she says.

"If I didn't have my therapist, I wouldn't have finished high school, I wouldn't have finished college ... I wouldn't be where I am today."

Burning the book

The harsh reality of recovering from post-traumatic stress disorder is that the horrific memories never leave your mind completely, she says.

So, when Jessica is at her desk at work or after her morning shower and she remembers something awful about her past, she jots it down in a notebook. When there are no more blank pages left, she lights the book on fire.

The diary of dark thoughts is reduced to ashes.

"I do feel better because it's gone, it's finished. And my memories aren't as frequent," she says.

"Just once in a while, they get really bad. Sometimes they get really bad and I need to write them down. You feel clean until the memories come back again. It's going to be a part of you forever and you need to learn to cope with that."

Keep goals, keep busy

The first step in changing the course of your life is wanting to change your life, she says. For Jessica, it started with school while she was in custody as a youth.

"School doesn't sound like therapy, but school was therapy. It keeps your mind off of everything and you have a goal, you're working towards something. That means something," she says.

Now that she's older, the daily grind at work helps keep her busy, which means less time to think of bad memories.

"As you achieve each milestone, it's actually therapeutic," she says. "It really is."

JOE LOFARO/METRO

Det. Carolyn Botting, left, and Det. Kelly Lyle said the victims are satisfied with the six-and-a-half-year sentence given to an 18-year-old woman who lured young girls into a teen prostitution ring in Ottawa's south end in 2012.
JOE LOFARO/METRO

Buying sex? Ask for ID first, says police investigator

'A big disincentive.' New prostitution law could scare johns from reporting underage and forced workers: Criminology professor

JOE LOFARO
joe.lofaro@metronews.ca

A lead detective in Ottawa's teen pimp investigation wants men who purchase sex to ensure the people they are having sex with are over 18 and willing participants.

But an advocate for sex workers warns doing so might put johns in a legal quandary.

After the ringleader of the teen pimping ring was sentenced last week as an adult, Ottawa police Det. Carolyn Botting said men need to start talking to other men about the purchase of sex.

"You have to do more than ask a person their age. You need to check identification," said Botting in an interview with Metro on Wednesday.

"Things would be different and safer for ... people who choose to work in this industry."

Chris Bruckert, a criminology professor at the University of Ottawa, said it is realistic to ask johns to ensure their customers are over 18 and consenting.

However, the federal government's new prostitution laws, which come into effect Dec. 6, will put johns in an awkward situation, Bruckert suspects.

The new law criminalizes the act of buying sex.

"If in fact they do call police because they suspect someone is underage or in a situation of exploitation, they're actually setting themselves up to be criminally charged," said Bruckert. "So, that's quite a big disincentive, to not help the police."

The teen pimp case

Ottawa police uncovered the underage pimping ring because a john did call police. That man blew the lid off the whole operation after a girl who came to his door May 18, 2012, told him she was 17 and was forced to be there. He called police and later testified in court as a witness for the Crown.

Kink versus coercion: How experts test sexual desire

S&M and consent. Canada's top forensic psychiatrist explains what tests can tell us

JESSICA SMITH CROSS
Metro in Toronto

Some people are aroused by consensual sadomasochistic sex, and others are turned on by violating another person's consent.

In sexual-behaviour laboratories in Ottawa, it's possible to tell the difference.

The high-profile allegations against former CBC host Jian Ghomeshi have raised a lot of questions about consent and S&M.

"There are some people who, besides the fact that they may be interested in S&M sex, may also have arousal or sexual interest or sexual preference related to non-consensual sex," said Dr. John Bradford. "When we evaluate people ... we can tease out these types of things, to see what the sexual preference actually is."

Bradford has examined the country's most infamous sexually motivated serial killers: Paul Bernardo, Robert Pickton and Russell Williams. Bradford is the founder of the Forensic Psychiatry Royal College of Physicians and Surgeons of Canada in Ottawa, professor of forensic psychiatry at multiple universities, and a member of the Order of Canada.

He said that when discussing Ghomeshi, who has publicly acknowledged engaging in "rough sex," it's important to recognize that sadomasochism occurs all over the world between consenting people without issue.

He has not examined Ghomeshi and said he could talk only in general terms.

Nine women and one man have accused Ghomeshi of crimes including sexual harassment and non-consensual sexual violence. Ghomeshi has said through a Facebook posting that all of his sexual activities were consensual. He is under police investigation, but has not been charged.

Studying sexual preference

Bradford said a preference for non-consensual sex can be determined.

"We have sexual-behaviour laboratories where we can measure sexual arousal," he said.

Bradford said the subject would be presented with different situations — consensual and non-consensual — and his arousal would be measured to determine a sexual interest in violating consent. The subject would also be presented erotic aggression to determine sadistic interest.

Bradford said a preference for non-consensual sex can be determined by measuring physical signs of arousal, such as penis circumference.

If coercion, non-consensual sexual activity or violence is arousing to a person, it may be compulsive, he said.

"At a very high level, you see that in serial rapists and even people who go on to commit sexually motivated homicide. Like all biological things, there is a spectrum there."

Toronto police have opened an investigation into former CBC radio host Jian Ghomeshi. Three women have come forward with accusations of sexual misconduct against him. No charges have been filed. CBC/THE CANADIAN PRESS

Bradford typically offers his expertise at the sentencing stage of a criminal trial after examining the perpetrator.

"I suppose in theory, in extremely rare circumstances, it could be used as a guilt-or-innocence thing, but I don't think it should be. It's mostly related to treatability or rehabilitation and those components which come out at sentencing."

Nature or nurture? Choice or compulsion?

Even though Bradford is able to determine what people are aroused by, what's made them that way remains largely a mystery.

"What we know is that people who have atypical sexual interests, the best way to understand it is the same as anyone else. When we hit puberty and become sexually (mature) — we wake up, if you like — there's an outpouring of sex hormones, we develop a sex drive and sexual fantasies and urges.

"This appears to be pre-programmed. In other words, nobody chooses at that point to become pedophilic or have an atypical interest in S&M or things like that," he said.

There is research into whether developing an atypical sexual interest is nature or nurture, but it's inconclusive, he said. Most of the nature vs. nurture research is focused on criminals who commit sexually motivated homicides.

Some of those who commit sexually motivated homicides have been found to have brain damage or a chromosome abnormality.

However, that research can't explain why some people with atypical sexual preferences participate only in consenting activities, while others don't.

Bradford said there is promising research into how sexuality may be formed by the interaction of genetics and hormones while a person is still in the womb. That research is still too preliminary to be relied upon.

What's the deal with Big Ears Teddy?

As for one of the odder details of the Ghomeshi allegations — that he turned around his "Big Ears Teddy" so it couldn't see him become violent — Bradford said he couldn't know what it means without examining Ghomeshi.

But, if he were involved in a case with that detail, it would certainly be something he'd ask about.

"It may have all kinds of implications to it. It may be something to do with childhood.... It could be, in theory, very important if someone was engaged in a criminal trial and sentencing process. It may make the problems more understandable, and may also go to treatability," he said.

Local professor remains defiant despite losing extradition fight

An Ottawa sociology professor says he will keep fighting for his freedom now that he faces certain extradition to France in a decades-old terrorism case.

The Supreme Court of Canada said Thursday it would not hear the appeal of Hassan Diab, wanted for questioning by French authorities in connection with the October 1980 bombing of a Paris synagogue.

Some time in the next six weeks, Diab — now locked in an Ottawa jail — will be whisked to France, where a judge will quiz him about the unsolved crime.

French authorities suspect Diab, 60, was involved in the anti-Semitic bombing 34 years ago that killed four people and injured dozens.

In a statement, Diab described life since his arrest six years ago as a Kafkaesque nightmare. He expressed shock and disappointment in the high-court decision and promised to never stop battling "the false allegations" levelled against him.

"I had hoped for justice from the Canadian legal system," he said. "I vow to never give up, and I will always remain hopeful that I will eventually return to my home in Canada and be reunited with my wife and children."

In keeping with standard practice, the Supreme Court gave no reason for its decision.

In submissions to the court, Diab's lawyer Donald Bayne argued that France's reliance on secret information raises basic issues of constitutionality and procedural fairness. Another key element of the case is the reliability of evidence that has been revealed to date — particularly handwriting on a hotel registration card allegedly penned by Diab.

THE CANADIAN PRESS

Supporters of Hassan Diab rally outside the Supreme Court of Canada in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

A sheriff's deputy stands outside youth court in Halifax on Thursday. A young man who pleaded guilty in a prominent child pornography case has been given a conditional discharge. ANDREW VAUGHAN/THE CANADIAN PRESS

'She was never the same again'

Child porn case.
Parents of victim satisfied with conditional discharge

HALEY RYAN
Metro in Halifax

The father of a victim in a high-profile child pornography case said he feels good about the strong comments made by the judge during sentencing, but would have liked to hear an apology from the accused "when it mattered."

On Thursday, a youth court judge gave a conditional discharge to a 20-year-old man who pleaded guilty to making child porn involving a 15-year-old girl.

He cannot be identified because he was 17 when he committed the offence.

The girl died last year after she was taken off life support following a suicide attempt, and cannot be identified because of a publication ban. She was 17.

"There's no sentence that would be good enough or strong enough to ever reflect what this did to my daughter," the father told reporters after court. His name can't be published because it would identify the victim.

The victim's father said he was glad the judge spoke strongly to the accused about the impact the photo had on his daughter's life, but would have liked to hear from the young man before the incident came to court.

"He knew the damage that this did, and didn't do anything about it. He should have did it when it mattered," he said.

Nearly a dozen Anonymous protesters holding signs with the victim's name shouted "f–k the ban" outside court.

Both parents read victim impact statements in court and wiped tears from their eyes, with her mother saying the photo "ruined her life."

"She was never the same again," her mother said. "The impact and trauma that followed her was enormous."

Her mother said she is still trying to forgive the accused for taking the photo, but does not believe he deserved jail time.

Guilty plea

Man avoids jail time in sentencing

A young man who pleaded guilty to making child pornography after he took a picture of an intoxicated teenager having sex at a party was given a conditional discharge and a sharp reprimand by the judge for destroying the girl's life.

The 20-year-old stood stone-faced Thursday as the youth court judge spent 40 minutes reading the sentence in a case that captured national attention.

"He should never forget the promising, vibrant, young life that was eventually destroyed by his choice to record an act of sexual degradation," Judge Gregory Lenehan told the packed courtroom in Halifax.

"You did in a few seconds set in motion a series of events that led to a great deal of shame, humiliation, anger, despair, anguish, loss, hurt and destruction."

The young man will also have to register with the national DNA database and meet with a youth worker periodically for 12 months. He was also ordered to issue a written apology to the girl's family.

Lenehan said he was satisfied the young man felt remorse for his actions because he made "a full and frank admission of his involvement."

THE CANADIAN PRESS

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Jack Bush, *Pinched Orange*, December 1964, oil on canvas. Collection of Audrey and David Mirvish, Toronto.
© Estate of Jack Bush. SODRAC (2014).

P.E.I. Needles now found in 10 potatoes, RCMP say

The RCMP in Prince Edward Island say their investigation into food tampering now includes 10 potatoes containing sewing needles.

The Mounties say the needles were found in three more potatoes originating from Linkletter Farms in Summerside with the help of metal detection equipment.

The potatoes were returned as part of a voluntary recall and have been sent to a forensic laboratory for more testing.

Police were already investigating seven incidents of potato tampering throughout the Atlantic provinces.

The RCMP say three more pallets of recalled potatoes have yet to be examined.

The potato industry in P.E.I. is offering a reward of up to $50,000 for information on how needles ended up in the potatoes. **THE CANADIAN PRESS**

A metal object inserted in a potato is shown in an RCMP handout photo.
CONTRIBUTED/THE CANADIAN PRESS

Liberals want swift probe of MPs' alleged misconduct

Here's the problem.
There is no process to deal with complaints of harassment between MPs

In the fishbowl that is federal politics, how do two suspended Liberal MPs accused of unspecified personal misconduct get their shot at due process? This is the messy question causing angst within Liberal circles, a week after Liberal Leader Justin Trudeau suspended Massimo Pacetti and Scott Andrews.

Where a person accused in a corporate or public service workplace might have first gone through a confidential investigation or mediation process before being reprimanded, Pacetti and Andrews were outed and ousted right from the starting gate.

Neither the details of the misconduct of which they are accused, nor the names of the alleged victims, have been released publicly.

On Thursday, NDP Leader Thomas Mulcair wrote to Trudeau and Prime Minister Stephen Harper urging the parties to develop a sexual harassment code of conduct and appoint a third party to deal with complaints as they arise.

The tri-partisan, closed-door board of internal economy had already moved up its scheduled meeting to Tuesday to deal with the allegations, which first surfaced last week.

"There needs to be an urgent decision made by the (committee). They shouldn't have waited a whole week," said Liberal MP Hedy Fry.

While Liberal MPs support Trudeau's action as the only one he could have taken under the political circumstances, some of them say the men now deserve to have the matter dealt with as quickly as possible. **THE CANADIAN PRESS**

Liberal Leader Justin Trudeau responds to Finance Minister Joe Oliver's economic and fiscal update, during a news conference in Vancouver Wednesday.
DARRYL DYCK/THE CANADIAN PRESS

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Bigger than Tigger: Real tiger on loose near Disneyland Paris

On the prowl. With 70-kilogram cat nearby, police urge residents of three neighbouring French towns to stay indoors

Members of the police animal brigade walk through the streets of Montevrain, east of Paris, on Thursday. French authorities said a young tiger, seen inset, was on the loose near Disneyland Paris and urged residents in three towns to stay indoors. THIBAULT CAMUS/THE ASSOCIATED PRESS

French authorities said a young tiger was on the loose Thursday near Disneyland Paris, one of Europe's top tourist destinations, and urged residents in three towns to stay indoors.

The town of Montevrain sent out a news alert on its Facebook page Thursday saying a young tiger was spotted in the brush behind some tennis courts and a soccer field. The field is about nine kilometres from Disneyland Paris.

Around 60 police, fire and other security forces were trying to track the tiger, said Cedric Tartaud, chief of staff for the Montevrain mayor.

The tiger is estimated to weigh around 70 kilograms, Tartaud said.

Police were using a helicopter to help search for the animal, and a wolf-catcher was also drafted in to aid in the search, Seine-et-Marne authorities said.

Police and rescue squads at the scene roped off a security perimeter, authorities added, and they urged people living in Montevrain, Chessy and Chalifert to remain indoors. If they had to travel, police advised them to stay in their cars.

Disneyland Paris calls itself Europe's top tourist destination with 14.9 million visits in 2013. THE ASSOCIATED PRESS

Parc des Félins

All animals accounted for at park

The Parc des Félins, a wild cat animal park about 18 miles from Montevrain, said in a statement on its website that all of its animals were accounted for and the escaped tiger didn't come from there.

EuroDisney, the operator of Disneyland Paris, said it has no tigers in the theme park, so the errant cat could not have come from there either. It wasn't immediately clear if any extra precautions had been taken inside the park. THE ASSOCIATED PRESS

Overshadowed. Philae cut off from solar energy

Europe's comet lander Philae has come to rest in the shadow of a cliff, posing a potential problem for its solar panels, scientists said Thursday as they published the first image ever taken from a comet's surface.

This image released by the ESA Thursday reveals details about the composition of the comet's surface. ESA,ROSETTA,PHILAE/THE ASSOCIATED PRESS

The photo shows a rocky terrain, with one of the lander's three feet in the corner of the frame. It is part of a slew of data that Philae is transmitting back to Earth, indicating that its instruments are working properly, said Jean-Pierre Bibring, the lander's lead scientist at the European Space Agency (ESA).

Before deciding whether to try to adjust the lander, scientists will spend the next day or two collecting as much data as possible while its primary battery still has energy. The lander's solar panels were designed to provide an extra hour of battery life each day after that, but this may not be possible now.

"We (can) see that we got less solar power than we planned for," said Koen Geurts of the lander team.

"This, of course, has an impact on our energy budget and our capabilities to conduct science for an extended period of time," he said. "Unfortunately, this is not a situation that we were hoping for."

The landing was beset by a series of problems that began when the thrusters designed to push Philae on to the comet failed, and continued when two harpoons meant to be used as anchors did not deploy. The lander bounced back up and came to rest on the comet two hours later inside a shallow crater, in the shadow of a nearby cliff, Bibring said.

He said the data they'll be able to collect with the primary batteries alone will have made the landing worthwhile.

"A lot of science is getting covered now," he said, noting they would soon receive data about the comet's composition and 3D images of the comet.

He said they will wait for the first batch of data to be completely sent before trying to move it and adjust its solar panels. THE ASSOCIATED PRESS

Tennessee

Sheriff's office pays virus ransom

The Dickson County Sheriff's Office in Middle Tennessee ended up paying a ransom after a malicious computer program blocked access to their files.

Det. Jeff McCliss told WTVF-TV that malware on a computer locked the agency's case files, which included autopsy reports, witness statements and crime scene photos. He says the malware, called "Cryptowall," doesn't tamper with files on a computer, but keeps them locked until a ransom is paid.

THE ASSOCIATED PRESS

Shocking increase

Warmer temps, more lightning

A new study says lightning strikes in the United States will likely increase by nearly 50 per cent by the end of the century, as the world gets warmer and wetter. Researchers calculated that for every degree Fahrenheit the world warms, lightning strikes will go up nearly seven per cent. That's 12 per cent for every degree Celsius. THE ASSOCIATED PRESS

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Saturday, Nov. 22nd, 10:00 a.m. - 7:00 p.m.
Sunday, Nov. 23rd, 12:00 p.m. - 5:00 p.m.
Choir, Christmas Play,
Photo Booth,
Christmas Carols:
Saturday 3:00-4:00 pm,
Christmas Music.
Many Varieties of: Christmas Crafts,
Christmas Biscuits, Egyptian Food,
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Hachette, Amazon bury the hatchet

A real nail-biter. After some twists and turns the online retailer and book publisher have reached a happy ending

One of publishing's nastiest, most high-profile conflicts, the months-long standoff between Amazon.com and Hachette Book Group, is ending.

Amazon and Hachette announced a multi-year agreement Thursday. With ebook revenues reportedly the key issue, Amazon had removed pre-order tags for Hachette books, reduced discounts and slowed deliveries, hurdles that should be gone well before the crucial holiday shopping season.

"This is great news for writers," Hachette CEO Michael Pietsch said in a statement. "The new agreement will benefit Hachette authors for years to come. It gives Hachette enormous marketing capability with one of our most important bookselling partners."

David Naggar, an Amazon vice-president, said the company was pleased that the agreement "includes specific financial incentives for Hachette to deliver lower prices, which we believe will be a great win for readers and authors alike."

The agreement takes effect early next year. Restrictions on Hachette books are being lifted immediately, according to the announcement, although delays on Carlos Santana's The Universal Tone, J.D. Salinger's Nine Stories and other works remained in place two hours after the news broke.

The Amazon-Hachette dispute had dominated publishing headlines and conversations for much of the year. James Patterson, John Green and hundreds of authors from various publishers had condemned Amazon, and Hachette author Stephen Colbert mocked the online retailer, which prides itself on customer service. Meanwhile, Hugh Howey, J.A. Konrath and other writers published by Amazon had blamed Hachette and praised Amazon for keeping prices down and allowing authors unhappy with traditional publishers to release their work elsewhere.

THE ASSOCIATED PRESS

More to the story

Hachette was among five publishers sued in 2012 by the U.S. Justice Department for allegedly fixing ebook prices. The publishers, who had worried that Amazon was charging too little for ebooks, settled and were required to negotiate new deals with Amazon and other retailers.

- Under the new agreement, Hachette set prices for ebooks, "and will also benefit from better terms when it delivers lower prices for readers."

Regulator RE-AKT's to helmet claims

Washington Capitals star winger Alex Ovechkin is seen wearing a Bauer RE-AKT helmet in this game photo from April. A U.S.-based hockey equipment manufacturer has agreed to stop making claims that "create the impression" that one of its hockey helmets offers protection from concussions, the Competition Bureau said Thursday. The federal regulator said Bauer Hockey Corp.'s claims made in advertisements for the RE-AKT helmet were not supported by adequate testing, a finding the company said it did not agree with.

STORY: THE CANADIAN PRESS; PHOTO: BRUCE BENNETT/GETTY IMAGES

Old college try?

Facebook shortens privacy policy

One more time, Facebook is trying to simplify its lengthy privacy policy — and make it much shorter — to explain how it targets advertisements to its 1.35 billion users. THE ASSOCIATED PRESS

Market Minute

DOLLAR 87.90¢ (-0.47¢)

TSX 14,780.24 (-75.96)

OIL $74.21 US (-$2.97)

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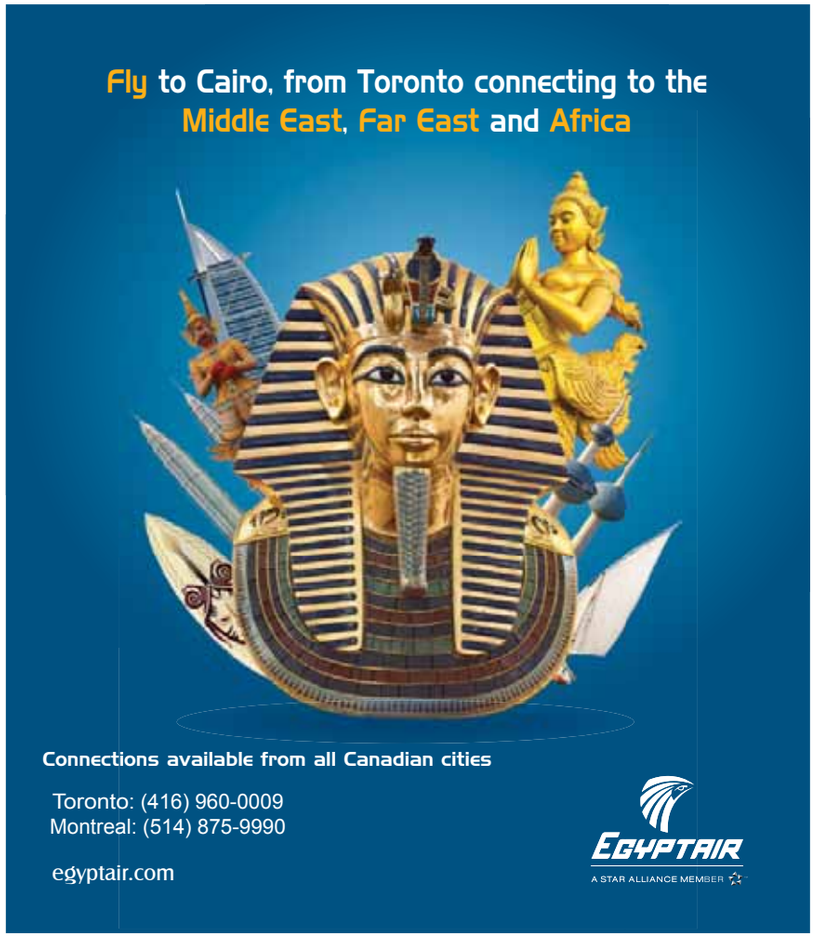
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'TIS EASIER TO SEND THAN TO RECEIVE

GUEST COLUMN

Kate Carraway
metronews.ca

Of the many new and exciting ways to be sort of awful to each other that the online age has created, sending links is among the worst.

It doesn't seem like it would be, I know. And maybe it's not, actually. Many a link — via email, text message, chat and messages, direct or instant, to articles, memes, videos and other Internet detritus — is sent with the best possible intentions. This includes stories that you're sure a friend would dig and probably hasn't seen, or a link to a zoo's "panda cam" sent on somebody's sick day, or A-grade gossip that is best circulated as-is for maximum *schadenfreude* impact.

But maybe more often, it's a ubiquitous bad habit enabled by social media; either a low-effort attempt to communicate something you don't or can't say yourself, or the casually passive-aggressive equivalency of an anonymous note — like, say, when I was exhausted by constant, pointless arguing with my then-boyfriend. I'd send him links to articles that more or less reflected my own position on a topic, and then would refuse to discuss or debate the links with him. (I now call that a "hit-and-run.")

One of my best friends hates watching videos online — something to do with having to locate and put on her headphones in her open-plan office — and just deletes them.

I don't like receiving a link of any kind without a note of context to let me know if I'm interrupting my daily sprint toward a deadline with a two-minute music video or a seven-page long-read about poverty.

Our individual Internet-styles are so totally personal and obscured from our friends and colleagues, and contingent on everything from loading speeds to work schedules and responsibilities, to emotional capacities for different kinds of content, that an act requiring the barest physical and mental effort to send can require much more to receive.

The "?" I might type in response to the sudden, stressful appearance of a link in a Gchat conversation — what will this be; what will the IRL implications be on my time and feelings and inbox; will I seriously have to click this and then respond to it — means my sweet friend sending a dancing pizza gif is cornered into explaining what was intended as a tiny, funny gesture.

Sending a link to someone is different in purpose and effect than posting it for any and everyone to see.

Even with the very kindest online instincts — a dancing slice of pizza! — comes an expectation that the sended-to person engages with some third-party stuff.

My own rule is to send something that I think someone might like, but never follow up or ask if they've read it.

It's not what your friend has to say, but what your friend wants you to see — that is a special kind of imposition on our attention, and a new, complicated social obligation to add to the list.

The politics of appropriation

A Burman woman in Kayan-Padaung attire with a fake copper neck ring stands with other women in ethnic attire to welcome leaders attending the East Asia Summit at Myanmar International Convention Centre in Naypyitaw. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Myanmar's 'diverse' greeters all come from dominant ethnic group

Women welcoming world leaders at the East Asia summit on Thursday stood in rows, clad in costumes representing Myanmar's many ethnic groups, some with their hair tied in high knots or wrapped in red headdresses, others donning horizontally striped longyis and silver coin-studded capes.

But the ushers did not belong to any of the minority groups they represented. All were Burman, the ethnic majority that has dominated the government, military and economy since independence from Britain in 1948. Myanmar, a mostly Buddhist nation of 50 million, began transitioning to democracy in 2011 following a half-century of brutal military rule and self-imposed isolation.

But while 40 per cent of the population belongs to one of more than 130 ethnic minorities, efforts by the new government to project unity often falter.

Take Naypyitaw. Purpose-built as Myanmar's new capital, it is dotted by impressive stadiums, enormous meeting halls and hundreds of villas. Gilded pagodas abound, but there is not a single church, even though 80,000 residents are Christian.

THE ASSOCIATED PRESS

Meanwhile ...

Myanmar's 1.3 million Rohingya Muslims, denied citizenship by the government, have been described by the UN as one of the world's most persecuted minorities. More than 140,000 live in crowded, unsanitary camps, unable to pass police checkpoints to leave without paying hefty bribes.

MetroTube

metro AR

What the heck is a Yaybahar? Read on, inquisitive one

ANDREW FIFIELD
andrew.fifield@metronews.ca

Designed in Turkey by Gorkem Sen, the Yaybahar is an acoustic instrument made from strings, drums and coiled springs that creates a fascinating sound mixing Middle Eastern music styles with space lasers. Get your headphones ready. More at soundcloud.com/gorkemsen. (Olgu Demir/Vimeo)

SCREENGRAB

Twitter

@metropicks asked: A B.C. woman's self-portrait with a rodent has done extraordinarily well on the Internet. We asked readers to send their best selfie with their animal buddy.

@jawnjang:

@H_C_MD1:

metro AR

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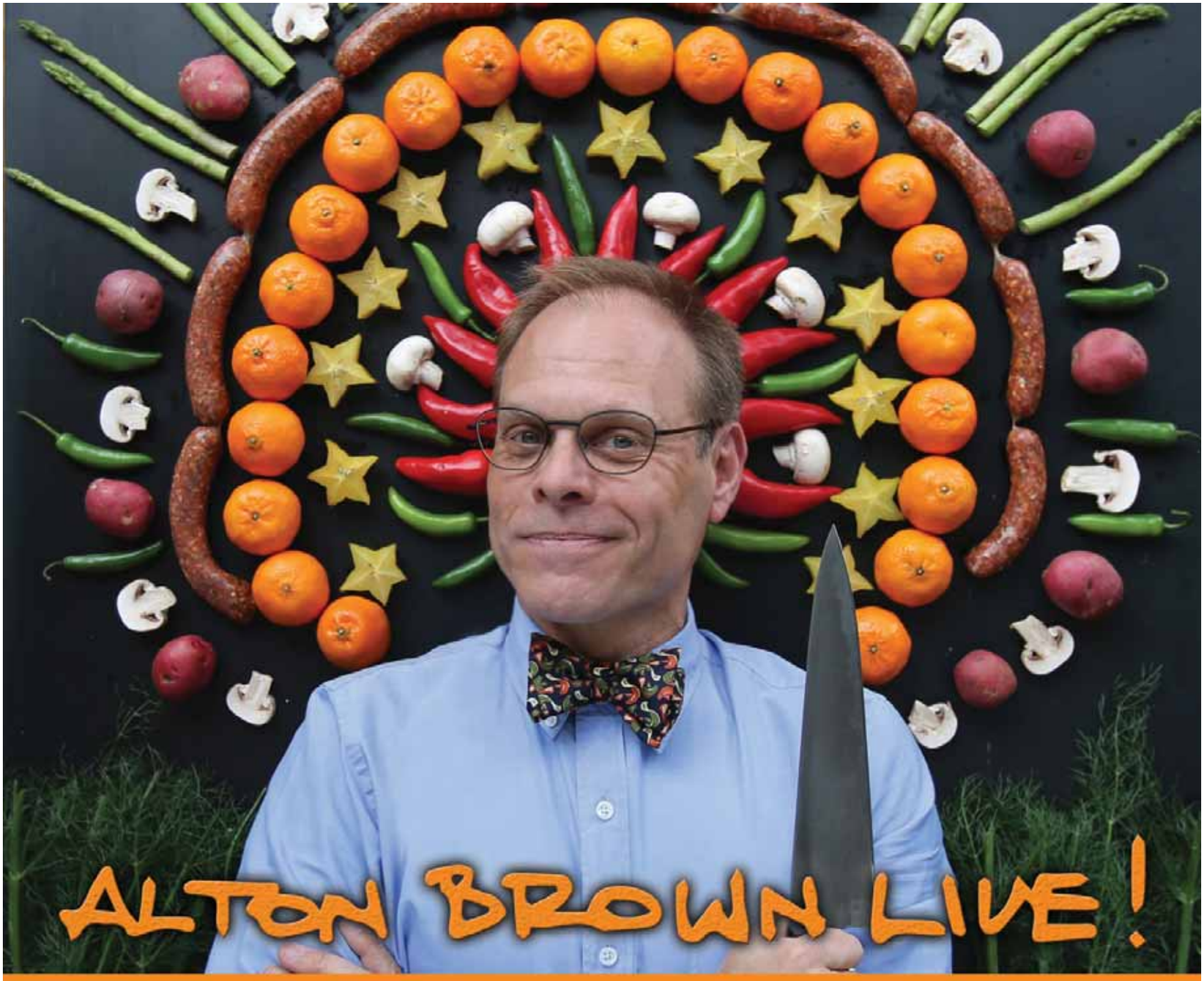

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Delayed sequels are often dumb

Movies. Twenty-year delay between Dumb and Dumber films invites comparison to such bombs as Bambi II, The Birds II and The Odd Couple II

It's been 20 years since the original movie, but Harry and Lloyd haven't gotten any smarter, or funnier. CONTRIBUTED

Twenty years ago, Roger Ebert wrote that a moment in Dumb and Dumber, "made me laugh so loudly, I embarrassed myself."

The movie, starring Jim Carrey and Jeff Daniels as the chicken-brained Lloyd and Harry, made $250 million at the box office and seemed likely to spawn a sequel, but nothing happened for almost 20 years.

There was a prequel — Dumb and Dumberer: When Harry Met Lloyd — but it was a Carrey-and-Daniel-less exercise in futility I called on its 2003 release, "one of the least-funny and ineptly made movies to ever play at your local multiplex."

So why did it take 19 years and 333 days to release a Dumb and Dumber follow-up? Carrey says he wasn't into doing sequels but softened because everyone kept hounding him, he joked, "even dead people."

Fans had to wait ages for Dumb and Dumber's return, but two decades is a mere drop in the bucket when compared to the gap between the 1942 Disney classic Bambi and its sequel Bambi II.

A 10-year-old who saw the original would have been old enough to send their grandkids to get popcorn refills when the sequel hit theatres overseas (it went direct to DVD in North America) almost 64 years later.

And 30 years after Alfred Hitchcock made seagulls menacing in The Birds, a made-for-television movie called The Birds II: Land's End revisited the killer avian story.

Tippi Hedren, star of the original, signed on and it was shot in the same house as the first film, but that's where the similarities between the two end.

The New York Times called the film "feeble," and Hedren said, "It's absolutely horrible; it embarrasses me horribly."

Also, 29 years and 343 days after 1968's The Odd Couple hit the big screen, writer Neil Simon and stars Jack Lemmon and Walter Matthau reunited for The Odd Couple II.

"We always had bad chemistry," says Oscar Madison (Matthau). "We mix like oil and frozen yogurt."

It marked the last starring roles for each of its leads and the final collaboration between Lemmon and Matthau after making 10 movies together.

These days, Hollywood seems obsessed with sequels and next year will be no different.

Mad Max: Fury Road, starring Tom Hardy in the role that made Mel Gibson famous, returns 30 years after Mad Max Beyond Thunderdome.

Jurassic World revisits Jurassic Park III, 13 years later.

But the biggest sequel news of the year — maybe of the decade — is the December 2015 release of Star Wars: The Force Awakens.

In the official Star Wars chronology, the new film follows 1983's Return of the Jedi after a space of 32 years and 207 days.

In Review

RICHARD CROUSE

Dumb and Dumber To

Directors. Bobby and Peter Farrelly

Stars. Jim Carrey, Jeff Daniels

In Dumb and Dumber To, Lloyd (Jim Carrey) and best friend Harry (Jeff Daniels) hit the road, this time in search of a daughter (Rachel Melvin) Harry didn't know he had. She's the "fruit of his loom" but could also be the kidney donor he needs to save his life. Two decades since the original, Harry and Lloyd haven't gotten any wiser but they haven't gotten much funnier, either. There are some astoundingly un-PC gags — and I mean "gags" literally — here, but none that reach the otherworldly vulgarity of the original's laxative overdose scene. Instead it's predictably silly, amiable stuff with wall-to-wall jokes and one-liners, some of which hit but most don't.

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From The Daily Show to directorial debut

Movies. Jon Stewart gets behind the camera for Rosewater and injects some humour in a dark story

MATT PRIGGE
Metro World News in New York

Last summer Jon Stewart disappeared for two and a half months so he could direct a movie in Jordan. The result, Rosewater, is not a comedy, though it has jokes. It's about Maziar Bahari (played by Gael Garcia Bernal), an Iranian journalist who wound up detained and tortured by Tehran officials for 118 days — in part because of his appearance on The Daily Show.

Nice shout-out early in the film to Pier Pasolini's Teorema.
You gotta respect the Teorema shout-out! Maziar may be the most culturally literate individual I've ever met in my life. His vast knowledge of literature and art and music and film — it's actually annoying.

How did you prepare to direct a film? Did you bug filmmakers?
There were a couple of people I went to, just to ask, "Is this viable? I've written a script. Is it a script? Do you look at it and say, 'You know what, it turns out it's a recipe. This is actually mock-apple pie, it's not a movie.'"

Were there things that surprised you about filmmaking, things you weren't prepared for?
The availability of craft services. That was 24 hours of hummus and apricots, in a way that was quite surprising — and quite delicious. The process here wasn't alien to the process we use on the show. The difference is at the show we're in the same location every day. But we use the same sort of mechanics. So much of our time was spent trying to figure out how we can accomplish what we want to accomplish better and more efficiently. I had good actors, I had a good DP (director of photography), sound crew, production designers. So it was about making sure that the alchemy was right, that we were doing whatever we needed to make sure it all worked.

This is a more serious production than The Daily Show.
I don't believe so. On The Daily Show, we use the tools of satire to address war, death, famine, all kinds of things. With this, we're using the tools of cinema to address very similar themes and subtexts.

Can you talk about the humour in this film? It's far from a comedy, but there are jokes.
I think humour was so central to Maziar's survival and central to his memoir. I wanted to make sure we got humour in there, but in a way that we didn't impose it on it — not in any kind of contrivance but in a way that allowed it to grow organically from those situations. If we had heightened it and created farcical elements around it, it would have diminished just how the reality of the absurdity was so stark.

Jon Stewart's directorial debut, Rosewater, opens this Friday. CONTRIBUTED

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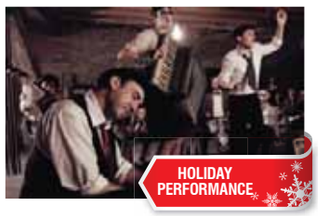

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27 JARVIS CHURCH
28 JONAS & THE MASSIVE ATTRACTION – *10TH ANNIVERSARY CELEBRATION*

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5 THE TALE OF A TOWN – OTTAWA
10 THE HOT SARDINES – *HOLIDAY STOMP*
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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.
Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Drama

Mommy

Director. Xavier Dolan

Stars. Anne Dorval, Suzanne Clément

A feisty widowed single mom finds herself burdened with the full-time custody of her unpredictable 15-year-old ADHD son. As they struggle to make ends meet, Kyla, the peculiar new neighbour across the street, offers her help. Together, they find a new sense of balance, and hope is regained.

Rotten Tomatoes™ score
Critics: 90% Audience: + 99%

Animation

Big Hero 6

Director. Don Hall, Chris Williams

Stars. Ryan Potter, Scott Adsit

With all the heart and humour audiences expect from Walt Disney Animation Studios, Big Hero 6 is an action-packed comedy-adventure about robotics prodigy Hiro Hamada, who learns to harness his genius-thanks to his brilliant brother Tadashi and their like-minded friends: adrenaline junkie Go Go Tamago, neatnik Wasabi, chemistry whiz Honey Lemon and fanboy Fred.

Rotten Tomatoes™ score
Critics: 88% Audience: 94%

Action

Wolves

Director. David Hayter

Stars. Lucas Till, Jason Momoa

Popular high school student Cayden Richards wakes from a horrific nightmare, only to realize that he's living it ... He is changing into something vicious, unpredictable and wild. Forced to hit the road after the brutal murder of his parents, Cayden tries to hunt down the truth of what he is. In the remote, mountain town of Lupine Ridge, he discovers others like him.

Rotten Tomatoes™ score
Critics: 33% Audience: + 87%

Bringing 'were'-withal to Wolves. And howl!

Movies. Werewolf film director David Hayter on making the monsters that make the movie

STEVE GOW
scene@metronews.ca

A scene from David Hayters's thriller Wolves. CONTRIBUTED

It's taken filmmaker David Hayter seven long years to bring his werewolf thriller to the big screen, and in that time he's learned one important lesson.

"Vampires have it easy. You just put some pale makeup on a good-looking actor and a cool pair of teeth and you got yourself a vampire," laughed the 45-year-old writer-turned-director. "Werewolves are an entirely different thing. You can't scrimp on the creature because that's part of the joy of seeing a movie like this — seeing how the filmmakers execute the creature."

In the case of his forthcoming feature Wolves, that meant forsaking the budget normally reserved for an A-list cast to pour those dollars into effects and monster design. For Hayter's lupine lead characters, that meant no canine snouts ("they read like a big nose") and a focus on realism.

"We all think werewolves are cool but in their execution, they can really go badly," stated the dual Canadian-American citizen. "You have to determine what you think is subconsciously hilarious and take the edges off that."

Hayter didn't just want to explore the world of costume design. The screenwriter of such hits as Watchmen and X-Men aimed to spin a fresh angle on the werewolf mythology through a tale of a young violent teen who must come to terms with his wolfen bloodlines in a small town carrying dark secrets.

It may have been a challenge, but having studied under acclaimed X-Men director Bryan Singer several times, Hayter borrowed from the best.

"Pretty much everything I do in filmmaking I do with Bryan's voice in my head screaming at me not to turn out crap," said Hayter.

"Every element from creature design to screenplay execution to dealing with actors — all that stuff comes from what I learned from Bryan."

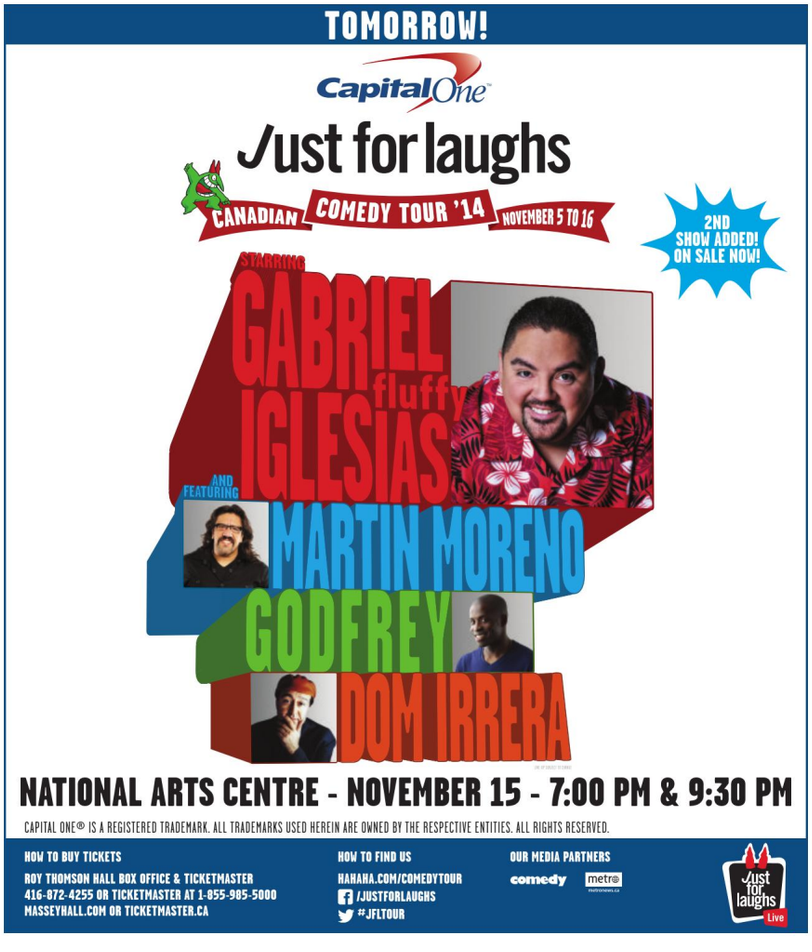
The greatest and the most underrated

The Most Important Werewolf Film: American Werewolf in London

- "It's such an incredible film, werewolf or no," said Hayter of the 1981 John Landis hit. "Obviously the prosthetic effects in it weren't only groundbreaking, but they continue to be incredible pieces of art today."

The Most Underrated Werewolf Film: Ginger Snaps

- "I didn't really understand the title and I just thought it sounded silly," said Hayter of the 2000 Canadian horror classic. "It had a couple of sequels so I guess it got a good amount of attention, but it was really good."



"BRILLIANT ON SO MANY LEVELS."
BETSY SHARKEY, Los Angeles Times
"SENSATIONAL!
NOT QUITE LIKE ANYTHING YOU'VE SEEN AT THE MOVIES."
STEVEN J. SNYDER, People
"MICHAEL KEATON DELIVERS THE CROWNING PERFORMANCE OF HIS CAREER."
RICHARD ROEPER, CHICAGO SUN-TIMES
MICHAEL KEATON
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Big Hero 6. CONTRIBUTED

Bytowne Cinema
325 Rideau St.

Pride (14A) Fri 6:45 Sat 9:10 Sun 6:15 Mon 9:15 Tue 4:30 Wed-Thu 6:45

The Secret Trial 5 (PG) Sun 3:45 Mon 5:01 Tue 9:15

The Skeleton Twins (14A) Wed 9:15 Thu 4:40

Walking the Camino: Six Ways to Santiago (G) Fri 4:45 Sat 4:50 Sun 1:45

Whiplash (14A) Fri 9:20 Sat 2:30-6:50 Sun 8:45 Mon-Tue 6:59 Wed 4:30 Thu 9:15

Canadian Film Institute
2 Daly Ave., Suite 120

9th Annual European Union Film Festival (STC) Fri 7 Sat 7-9 Sun 4-7 Mon-Wed 7 Thu 7-9

Canadian Museum of nature
240 McLeod St.

Penguins 3D (STC) Fri-Thu 10:30-1:10-3:40 Fri-Thu 11:15-1:50

The Ultimate Wave Tahiti 3D (STC) Fri-Thu 12-2:30 Fri-Thu 12:35-3:05

Coliseum Ottawa
3090 Carling Ave.

Big Hero 6 (PG) No Passes Fri-Sun 12:30-3:15-6:20-9 No Passes Mon-Thu 4:15-7-9:45

Big Hero 6 3D (PG) No Passes Fri-Sun 1:30-4:15-7-9:45 No Passes Mon-Wed 4:45-7:30-10:15 No Passes Thu 1:20-4:45-7:30-10:15

The Book of Life (G) Fri-Sun 1:50 Thu 1:30

Dumb and Dumber To (PG) No Passes Fri-Sun 12-1-2:40-4-5:20-6:40-8-9:30-10:40 No Passes Mon-Thu 3:50-5:20-6:30-8-9:30-10:35 Star & Strollers Screening, No Passes Thu 1

Fury (14A) Fri 12:40-3:40-6:50-9:50 Sat 3:45-6:50-9:50 Sun 12:40-3:40-6:50-9:50 Mon-Thu 3:40-6:50-9:50

Gone Girl (14A) Fri-Sun 12:30-3:50-7:20-10:40 Mon-Tue 3:10-6:30-10 Wed 3:10-10 Thu 3:10-6:30-10

Hermitage Revealed (STC) Sun 12:55 Wed 7:30

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Thu 8-11

Interstellar (PG) No Passes Fri-Sun 2:50-6:30-10:10 No Passes Mon-Thu 6-9:40 No Passes Fri-Sun 11:50-3:30-7:10-10:50 No Passes Mon-Wed 3-6:40-10:20 No Passes Thu 3 Star & Strollers Screening, No Passes Thu 1

John Wick (14A) Fri-Sat 1:20-8:10 Sun 8:10 Mon-Thu 7:10

The Judge (14A) Fri-Sun 4:30-10:45 Mon-Thu 3:30-10:10

The Metropolitan Opera: Macbeth (STC) Sat 12

Nightcrawler (14A) Fri-Sun 1:40-4:50-7:40-10:30 Mon-Wed 4:50-7:40-10:30 Thu 1:15-4:50-7:40-10:30

Ouija (14A) Fri-Wed 4:40-7:30-10 Thu 4:40-10

St. Vincent (14A) Fri-Sun 12:20-2:50-5:20-7:50-10:20 Mon-Wed 5:20-7:50-10:20 Thu 1:25-5:20-7:50-10:20

Mayfair Theatre
1074 Bank St.

The Boxtrolls (G) Sat-Sun 1:15

Kung Fu Elliot (STC) Fri-Mon 9:30

Mommy (14A) Fri-Sat 6:30 Mon 4

Reel Rock Film Tour (STC) Tue-Wed 6

Sri Siddhartha Gautama (STC) Sat 3:30

Stolperstein (STC) Sun 7

Swearnet (STC) Tue-Wed 9

Tim's Vermeer (PG) Mon 7

Time Bandits (PG) Sun 3:30

Ottawa Family Cinema
710 Broadview Ave.

No Films Showing Today (STC) Sun-Thu

Rainbow Cinemas
St. Laurent Centre, 1200 St. Laurent Blvd.

The Boxtrolls (G) Fri-Thu 12:25-2:30-4:40

Dolphin Tale 2 (G) Fri-Thu 12:45-2:55-5:05

The Equalizer (18A) Fri-Thu 10:05-7:20

The Good Lie (14A) Fri-Thu 10:15-6:50-9:10

How to Train Your Dragon 2 (PG) Fri-Thu 10:40-4

The Hundred-Foot Journey (PG) Fri-Thu 9:55-2:20-7

Maps to the Stars (18A) Fri-Wed 1:10-6:40-9 Thu 6:40-9 Thu 1:10

My Old Lady (PG) Fri-Thu 12:15-4:45-9:25

Whiplash (14A) Fri-Thu 10-12:10-2:35-4:50-7:05-9:20

South Keys
2214 Bank St.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (PG) Fri-Thu 4:25

Big Hero 6 (PG) No Passes Fri-Thu 11:15-2

Big Hero 6 3D (PG) No Passes Fri-Thu 4:45-7:30-10:10

Bolshoi Ballet: The Pharaoh's Daughter - Encore (STC) Thu 7

The Book of Life (G) Fri-Thu 10:20-12:35

The Book of Life 3D (G) Fri 2:45-4:55-7:15 Sat-Thu 2:45-5-7:15

Dumb and Dumber To (PG) No Passes Fri 10:45-1:40-4:20-7-9:50 No Passes Sat 10:50-1:40-4:20-7-9:50 No Passes Sun 10:50-1:45-4:25-7:05-9:55 No Passes Mon-Thu 10:45-1:40-4:20-7-9:50

Edsa Woolworth (PG) Fri-Sat 11-1:50-4:30-7:10-9:55 Sun 11-1:35-4:30-7:10-9:55 Mon-Thu 11-1:50-4:30-7:10-9:55

Fury (14A) Fri-Tue 12:30-3:30-6:30-9:30 Wed 12:30-3:30-10 Thu 12:30-3:30-6:30-9:30

Gone Girl (14A) Fri 12:05-3:25-6:50-10:15 Sat 3:25-6:50-10:15 Sun-Thu 12:05-3:25-6:50-10:15

Hermitage Revealed (STC) Sun 12:55 Wed 7:30

How to Train Your Dragon 3D (PG) Sat 11

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Thu 8-10:50

Interstellar (PG) No Passes Fri-Thu 10:40-11:20-2:20-3-6-6:40-9:40-10:20

John Wick (14A) Fri 11:05-1:30-4-6:35-9:10 Sat 4-7:05-9:35 Sun-Wed 11:05-1:30-4-6:35-9:10 Thu 11:05-1:30-4-10

The Judge (14A) Fri-Sat 10:25-1:30-6:20-9:25 Sun 6:20-9:25 Mon-Thu 10:25-1:30-6:20-9:25

The Metropolitan Opera: Macbeth (STC) Sat 12

Nightcrawler (14A) Fri-Wed 11:10-1:55-4:35-7:20-10 Thu 11:10-1:55-4:35

Ouija (14A) Fri-Thu 9:45

St. Vincent (14A) Fri 11:25-2-4:50-7:25-10:05 Sat-Thu 11:25-2:05-4:50-7:25-10:05

Canadian Museum of civilization
100 rue Laurier

D-Day: Normandy 1944 3D (STC) Sat 3 Sun 12-5 Mon 2 Tue-Wed 2-7 Thu 10-2-7

Galapagos 3D (STC) Fri 12-3-7-8 Sat 11-2-7-8 Sun 11-2-7 Mon 12 Tue 11-3-6 Wed 12-3-6 Thu 1-5-8 Fri-Sat 1 Sun 4 Mon 1 Tue 4 Wed 1 Thu 11

Great North (STC) Tue 12 Thu 12

Jour-J Normandie 1944 3D (STC) Sat 5 Sun 6 Wed 4 Thu 6

Pandas: The Journey Home 3D (STC) Fri 11-2 Sat 12-6 Sun 3 Mon 11 Tue 5 Wed 11 Thu 3 Fri-Sat 4 Sun 1

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne

Big Hero 6 3D (G) Fri 1-7-9:20 Sat 10-1-7-9:20 Sun 1-7-9:20 Mon 7 Tue 1-7-9:20 Wed-Thu 7-9:20

Dumb and Dumber To (G) Fri-Sun 1:10-3:30-7:10-9:30 Mon 7:10 Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30

Interstellar (G) Fri-Sun 12:50-4:10-7:30 Mon 7:30 Tue 12:50-4:10-7:30 Wed-Thu 7:30

Les nouveaux hÈros 3D (G) Fri 3:20 Sat 10-3:20 Sun-Tue 3:20

St. Vincent (G) Fri-Sun 12:40-3:10-6:40-9:10 Mon 6:40 Tue 12:40-3:10-6:40-9:10 Wed 6:40-9:10

Gatineau 9
120 boul. de l'HÙpital

lAlexandre et sa journÈe Èpouvantablement terrible, horrible et affreuse (G) Fri-Sun 1:05-3:05-6:30 Mon 6:30 Tue 1:05-3:05-6:30 Wed-Thu 6:30

La cloche et l'idiot 2 (G) Fri 11-1:15-3:50-7-9:40 Sat-Sun 1:15-3:50-7-9:40 Mon 7-9:40 Tue 1:15-3:50-7-9:40 Wed-Thu 7-9:40

Gemma Bovery (G) Fri-Sun 1:20-3:35-6:50-9:05 Mon 6:50-9:05 Tue 1:20-3:35-6:50-9:05 Wed-Thu 6:50-9:05

Henri Henri (G) Fri-Sun 12:40-3-7:15-9:45 Mon 7:15-9:45 Tue 12:40-3-7:15-9:45 Wed-Thu 7:15-9:45

Hunger Games : la rÈvolte, partie 1 (STC) Thu 8-9

Interstellaire (G) Fri-Sun 12:15-3:45-7:15-8:30 Mon 7:15-8:30 Tue 12:15-3:45-7:15-8:30 Wed-Thu 7:15-8:30

L'Èpreuve: Le labyrinthe (13+) Fri-Wed 6:30

Mommy (13+) Fri-Wed 9

Les nouveaux hÈros (G) Fri-Sun 1-3:40 Tue 1-3:40

Les nouveaux hÈros 3D (G) Fri-Sun 12:30-3:10-7:10-9:35 Mon 7:10-9:35 Tue 12:30-3:10-7:10-9:35 Wed-Thu 7:10-9:35

Ouija (13+) Fri-Sun 1:25-4-7:20-9:45 Mon 7:20-9:45 Tue 1:25-4-7:20-9:45 Wed 7:20-9:45

Une seconde chance (G) Fri-Sun 12:45-3:30-6:45-9:30 Mon 6:45-9:30 Tue 12:45-3:30-6:45-9:30 Wed 6:45-9:30

StarCité Hull
115 boul. du Plateau

Big Hero 6 (G) No Passes Fri 12:40 No Passes Sat 11:20-12:40 No Passes Sun 12:40 No Passes Tue 12:40

Big Hero 6 3D (G) No Passes Fri-Sun 1:40-4:20-7-9:40 No Passes Mon 7-9:40 No Passes Tue 1:40-4:20-7-9:40 No Passes Wed 7-9:40 No Passes Thu 1:40-7-9:40

La cloche et l'idiot 2 (G) No Passes Fri-Sat 1:10-4:25-7:25-10:10 No Passes Sun 1:10-3:55-6:50-9:30 No Passes Mon 6:50-9:30 No Passes Tue 1:10-3:55-6:50-9:30 No Passes Wed 6:50-9:30 No Passes Thu 1:25-6:50-9:30 No Passes Thu 1:15

Dracula Untold (13+) Fri 3:15-5:30-7:45-9:55 Sat 11-5:30-7:45-9:55 Sun 3:15-5:30-7:45-9:55 Mon 7:10-9:55 Tue 3:15-5:30-7:45-9:55 Wed 9:55 Thu 1:45-7

Dragons 3D (G) Sat 11

Dumb and Dumber To (G) No Passes Fri 1:30-4:45-7:45-10:30 No Passes Sat 11-1:30-4:45-7:45-10:30 No Passes Sun 1-4:15-7:15-10 No Passes Mon 7:15-10 No Passes Tue 1-4:15-7:15-10 No Passes Wed 7:15-10 No Passes Thu 1:45-7:15-10 Star & Strollers Screening, No Passes Thu 1:30

Fury (13+) Fri-Sun 1-4-7-10 Mon 7-9:25 Tue 1-4-7-10 Wed 7-9:25 Thu 1:15-7-9:50

Gone Girl (13+) Fri-Sat 12:45-3:50-7-10:15 Sun 12:45-3:50-6:55-10 Mon 7:45 Tue 12:45-3:50-6:55-10 Wed 7:45 Thu 1:15-7:45

Hermitage Revealed (STC) Sun 12:55 Wed 7:30

How to Train Your Dragon 3D (G) Sat 11

Hunger Games : la rÈvolte, partie 1 (STC) No Passes Thu 8-10:50

The Hunger Games: Mockingjay, Part 1 (STC) No Passes Thu 9:45 No Passes Thu 8:10-11

Interstellaire (G) No Passes Fri 3:10-6:45-10:20 No Passes Sat 11:15-3:10-6:45-10:20 No Passes Sun 1:05-4:40-8:15 No Passes Mon 8 No Passes Tue 1:05-4:40-8:15 No Passes Wed 8 No Passes Thu 7:30

Interstellar (G) No Passes Fri 3:20-6:55-10:30 No Passes Sat 11:35-3:20-6:55-10:30 No Passes Sun 1:15-4:50-8:25 No Passes Mon 8:15 No Passes Tue 1:15-4:50-8:25 No Passes Wed 8:15 No Passes Thu 7:45

John Wick (13+) Fri-Sat 3:10-5:35-8-10:30 Sun 3:10-5:35-7:50-10 Mon 7:50-10 Tue 3:10-5:35-7:50-10 Wed 7:50-10 Thu 1:35-7:50-10

The Judge (G) Fri-Sun 12:50-3:50-6:50-9:50 Mon 6:50-9:25 Tue 12:50-3:50-6:50-9:50 Wed 6:50-9:35 Thu 1:15-6:50-10

StarCité Hull
115 boul. du Plateau

La lÈgende de Manolo (G) Fri 1:15-3:30 Sat 10:55-1:15-3:30 Sun 1:05-3:20 Tue 1:05-3:20

La lÈgende de Manolo 3D (G) Fri-Sat 5:45 Sun 5:35 Tue 5:35

The Metropolitan Opera: Macbeth (STC) Sat 12

Mommy (13+) Fri-Sun 12:50-3:50-6:50-9:50 Mon 6:50-9:10 Tue 12:50-3:50-6:50-9:50 Wed 6:50-9:10 Thu 1:20-6:50-9:10

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135

Nightcrawler (13+) Fri-Sat 2-4:50-7:40-10:30 Sun 1:30-4:10-6:50-9:30 Mon 6:50-9:30 Tue 1:30-4:10-6:50-9:30 Wed 6:50-9:30 Thu 1:25-6:50-9:30

Les nouveaux hÈros (G) No Passes Fri-Sun 12:50 No Passes Tue 12:50

Les nouveaux hÈros 3D (G) No Passes Fri 2-4:40-7:20-10 No Passes Sat 11:15-2-4:40-7:20-10 No Passes Sun 2-4:40-7:20-10 No Passes Mon 7:15-9:50 No Passes Tue 2-4:40-7:20-10 No Passes Wed 7:15-9:50 No Passes Thu 1:20-7:15-9:50

Ouija (13+) Fri-Sat 3:30-5:50-8:10-10:30 Sun 3:30-5:40-7:45-10 Mon 7:15-10 Tue 3:30-5:40-7:45-10 Wed 7:15-10 Thu 1:10-7-9:45 Fri-Sat 7:55-10 Sun 7:45-10 Mon 7-9:45 Tue 7:45-10 Wed 7-9:45

St. Vincent (G) Fri-Sun 1:55-4:20-6:45-9:10 Mon 6:45-9:25 Tue 1:55-4:20-6:45-9:10 Wed 9:25

Barrhaven Cinemas 131 Riocan Dr.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (PG) Fri 7 Sat-Sun 2:30-4:45-7 Mon-Thu 5:30

Big Hero 6 (PG) No Passes Sat 11:45 No Passes Sun 1:30 No Passes Mon-Wed 5 No Passes Thu 1:10-5

Big Hero 6 3D (PG) No Passes Fri 6:30-9:20 No Passes Sat 11:40-2:20-5:10-7:35-10:10 No Passes Sun 2:20-5:10-7:35-10:10 No Passes Mon-Thu 4:45-7:25

Dumb and Dumber To (PG) No Passes Fri 7:30-10:05 No Passes Sat 11:30-2:10-4:50-7:30-10:05 No Passes Sun 2:10-4:50-7:30-10:05 No Passes Mon-Wed 4:50-7:30 No Passes Thu 4:50-8 Star & Strollers Screening, No Passes Thu 1

Fury (14A) Fri 6:50-10 Sat 12:50-3:45-6:50-10 Sun 3:45-6:50-10 Mon-Wed 4:30-7:35 Thu 1:15-4:30-7:35

Gone Girl (14A) Fri 6:45-10:15 Sat 12-3:20-6:45-10:15 Sun 3:20-6:45-10:15 Mon-Thu 4:45-7:50

How to Train Your Dragon (PG) Sat 11

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Thu 8

Interstellar (PG) No Passes Fri 6-6:40-9:40-10:10 No Passes Sat 11:20-2:20-3-6-6:40-9:40-10:20 No Passes Sun 3-6-6:40-9:40-10:20 No Passes Mon-Wed 4:30-7:50-8 No Passes Thu 4:30-7:50 Star & Strollers Screening, No Passes Thu 1

Nightcrawler (14A) Fri-Sun 10 Mon-Thu 7:45

SilverCity, 2385 City Park Dr.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (PG) Fri 2:40-8:15 Sat 12:30-2:40-8:15 Sun-Thu 2:40-8:15

Before I Go to Sleep (14A) Fri-Tue 12:45-3:05-7:55 Wed-Thu 1:40

Big Hero 6 (PG) No Passes Fri 1:20-4:10-7-9:50 No Passes Sat 11:45-1:20-4:10-7-9:50 No Passes Sun-Wed 1:20-4:10-7-9:50 No Passes Thu 1:20-4:10

Big Hero 6 3D (PG) No Passes Fri 2:10-5-7:50-10:40 No Passes Sat 11:20-2:10-5-7:50-10:40 No Passes Sun-Thu 2:10-5-7:50-10:40

Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Thu 12:50-3:45-6:45-9:40

Bolshoi Ballet: The Pharaoh's Daughter - Encore (STC) Thu 7

Dracula Untold (14A) Fri-Tue 5:30-10:25 Wed-Thu 4:05-10:25

Dumb and Dumber To (PG) No Passes Fri 1:55-2:30-4:40-5:15-7:25-8-10:10-10:45 No Passes Sat 11:10-1:55-2:30-4:40-5:15-7:25-8-10:10-10:45 No Passes Sun-Tue 1:55-2:30-4:40-5:15-7:25-8-10:10-10:45 No Passes Wed 2:30-4:40-5:15-7:25-8-10:10-10:45 No Passes Thu 1:55-2:30-4:40-5:15-7:25-8-10:10-10:45 Star & Strollers Screening, No Passes Wed 1

Fury (14A) Fri-Sat 12:45-3:50-6:55-10 Sun 3:50-6:55-10 Mon 3:20-10:45 Tue 12:45-3:50-6:55-10 Wed 12:45-3:50-6:55 Thu 12:45-3:50-10

Gone Girl (14A) Fri 3:05-6:25-9:45 Sat 11:40-3:05-6:25-9:45 Sun-Tue 3:05-6:25-9:45 Wed 6:25-9:45 Thu 3:05-6:25-9:45 Star & Strollers Screening Wed 1

Gone With the Wind (STC) Mon 6:30

Hermitage Revealed (STC) Sun 12:55 Wed 7:30

SilverCity, 2385 City Park Dr.

How to Train Your Dragon 3D (PG) Sat 11

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Thu 8-10:50

Interstellar (PG) No Passes Fri 1:30-2:35-5:10-6:15-8:50-9:55 No Passes Sat 11-1:30-2:35-5:10-6:15-8:50-9:55 No Passes Sun-Thu 1:30-2:35-5:10-6:15-8:50-9:55

Interstellar: The IMAX Experience (PG) No Passes Fri 3-6:40-10:20 No Passes Sat 11:25-3-6:40-10:20 No Passes Sun-Thu 3-6:40-10:20

John Wick (14A) Fri 2:25-5:05-7:40-10:15 Sat 11:50-2:25-5:05-7:40-10:15 Sun-Tue 2:25-5:05-7:40-10:15 Wed 12:55-3:35-10:15 Thu 2:25-5:05-7:40-10:15

The Judge (14A) Fri-Thu 4:55-10:30

The Metropolitan Opera: Macbeth (STC) Sat 12

Nightcrawler (14A) Fri-Thu 1:35-4:25-7:15-10:05

Ouija (14A) Fri 1-3:20-5:45-8:10-10:35 Sat 5:45-8:10-10:35 Sun-Tue 1-3:20-5:45-8:10-10:35 Wed 1-3:20-10 Thu 1-3:20-5:45-8:10-10:35

St. Vincent (14A) Fri 2:15-4:50-7:30-10:05 Sat 11:45-2:15-4:50-7:30-10:05 Sun-Thu 2:15-4:50-7:30-10:05

Landmark Theatres Orleans 6 Cinemas, 3752 Innes Rd.

Big Hero 6 (PG) Fri 3:45-6:45-9:45 Sat 10:10-12:45-3:45-6:45-9:45 Sun 12:45-3:45-6:45-9:45 Mon 3:45-6:45-9:45 Tue 12:45-3:45-6:45-9:45 Wed-Thu 3:45-6:45-9:45 Sun 10:10

Big Hero 6 3D (PG) Fri 4:15-7:15-10:15 Sat-Sun 10-1:15-4:15-7:15-10:15 Mon 4:15-7:15-10:15 Tue 1:15-4:15-7:15-10:15 Wed-Thu 4:15-7:15-10:15

The Book of Life (G) Fri 3:40 Sat-Sun 12:40-3:40 Mon 3:40 Tue 12:40-3:40 Wed-Thu 3:40

Dumb and Dumber To (PG) Fri 4:10-7-10:10 Sat-Sun 10:05-12:50-4:10-7-10:10 Mon 4:10-7-10:10 Tue 1-4:10-7-10:10 Wed-Thu 4:10-7-10:10 Tue 1

Fury (14A) Fri 3:40-6:40-10 Sat-Sun 12:10-3:40-6:40-10 Mon 3:40-6:40-10 Tue 12:10-3:40-6:40-10 Wed-Thu 3:40-6:40-10

Gone Girl (14A) Fri-Wed 6:30-9:50

The Hunger Games: Mockingjay, Part 1 (PG) Thu 9:30-10 Thu 8

Interstellar (PG) Fri 5-9 Sat-Sun 1-5-9 Mon 5-9 Tue 1-5-9 Wed-Thu 5-9 Fri-Sat 4:30-8:30 Sun 12:30-4:30-8:30 Mon 4:30-8:30 Tue 12:30-4:30-8:30 Wed-Thu 4:30-8:30 Fri 4-8 Sat-Sun 12-4-8 Mon 4-8 Tue 12-4-8 Wed 4-8 Thu 4

John Wick (14A) Fri 4:20-7:10-10:30 Sat-Sun 12:20-4:20-7:10-10:30 Mon-Wed 4:20-7:10-10:30 Thu 4:20

Shakespeare's Globe on Screen: Twelfth Night (STC) Sat 11

St. Vincent (14A) Fri 3:50-6:50-10:20 Sat-Sun 12:55-3:50-6:50-10:20 Mon 3:50-6:50-10:20 Tue 12:55-3:50-6:50-10:20 Wed-Thu 3:50-6:50-10:20

Landmark Cinemas 24 Kanata & IMAX, 801 Kanata Ave.

Alexander and the Terrible, Horrible, No Good, Very Bad Day (PG) Fri-Sat 5:25-7:55-10:05 Sun 2:55-5:25-7:55-10:05 Mon 5:25-7:55-10:05 Tue 2:55-5:25-7:55-10:05 Wed-Thu 5:25-7:55-10:05

Big Hero 6 (PG) Fri-Sun 10:45-11:45-12:45-3:15-3:45-6:45-9:15-9:45 Mon 10:45-11:45-12:45-3:45-6:45-9:15-9:45 Tue 12:45-3:15-3:45-6:45-9:15-9:45 Wed 10:45-11:45-12:45-3:45-6:45-9:15-9:45 Thu 3:45-6:45-9:15-9:45

Big Hero 6 3D (PG) Fri-Sun 11:15-12:15-1:15-4:15-6:15-7:15 Mon 4:15-6:15-7:15-10:15 Tue 1:15-4:15-6:15-7:15 Wed 4:15-6:15-7:15-10:15 Thu 4:15-6:15-7:15-8-9-10:15 Fri 1:15-4:15-7:15 Tue 1:15-4:15-7:15

Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Thu 4:30-7:20-10:20

The Book of Life (G) Fri-Sun 1:50-4:50 Mon 4:50 Tue 1:50-4:50 Wed-Thu 4:50

Dilli 1984 (14A) Fri-Sun 12:45-4:40-8:15 Mon 4:40-8:15 Tue 12:45-4:40-8:15 Wed 4:40-8:15 Thu 4:40

Dumb and Dumber To (PG) Fri-Sun 10:40-1:35-2:20-4:20-5:05-7:05-7:50-9:50-10:30 Mon 10:30 Tue 1:35-2:20-4:20-5:05-7:05-7:50-9:50-10:30 Wed 10:30 Thu 4:20-5:05-7:05-9:05-9:50

Fury (14A) Fri-Sun 2:10-5:15-8:20 Mon 5:15-8:20 Tue 2:10-5:15-8:20 Wed-Thu 5:15-8:20

Gone Girl (14A) Fri-Sun 3:05-6:25-9:50 Mon 6:25-9:50 Tue 3:05-6:25-9:50 Wed-Thu 6:25-9:50

The Hunger Games: Mockingjay, Part 1 (PG) Thu 8-8:45-9:30-10

Interstellar (PG) Fri-Sat 2:30-6:30-10:30 Sun 2:30-6:30-10 Mon 6:30-10 Tue 2:30-6:30-10:30 Wed 6:30-10 Thu 4:30-5:30-6-7-8:30-9-9:30 Fri-Sun 11-1:30-3-5:30-7-9:30 Mon 7 Tue 11-1:30-3-5:30-7-9:30 Wed 7 Fri-Sun 11:30-12:30-3:30-4:30-7:30-8:30-9 Mon 3:30-4:30-7:30-8:30 Tue 11:30-12:30-3:30-4:30-7:30-8:30-9 Wed 3:30-4:30-7:30-8:30

Interstellar: The IMAX Experience (PG) Fri-Sun 12:10-4-8 Mon 4-8 Tue 12:10-4-8 Wed-Thu 4-8

John Wick (14A) Fri-Sun 11:25-2:40-5:10-7:50-10:25 Mon 5:10-7:50-10:25 Tue 2:40-5:10-7:50-10:25 Wed-Thu 5:10-7:50-10:25

The Judge (14A) Fri-Sun 2:50-6-9:10 Mon 6-9:10 Tue 2:50-6-9:10 Wed-Thu 6-9:10

The Maze Runner (PG) Fri-Sun 12:40-3:25-6:10-9:15 Mon 6:10-9:15 Tue 3:25-6:10-9:15 Wed 6:10-9:15 Thu 6:10

Nightcrawler (14A) Fri-Thu 7:20-10:10

Ouija (14A) Fri-Sun 1:55-4:10-6:40 Mon 4:10-6:40 Tue 1:55-4:10-6:40 Wed-Thu 4:10-6:40

Shakespeare's Globe on Screen: Twelfth Night (STC) Sat 11

St. Vincent (14A) Fri-Sun 11:20-2:15-4:45-7:20-9:55 Mon 4:45-7:20-9:55 Tue 11:20-2:15-4:45-7:20-9:55 Wed 4:45-7:20-9:55 Thu 4:45-7:20

Whiplash (14A) Fri-Sun 1:05-4:05-6:55-9:45 Mon 4:05-6:55-9:45 Tue 1:05-4:05-6:55-9:45 Wed 4:05-6:55-9:45 Thu 4:50-6:55-9:45

Wolves (14A) Fri-Sun 1:15-3:50-6:25-9 Mon 3:50-6:25-9 Tue 1:15-3:50-6:25-9 Wed-Thu 3:50-6:25-9

Music. Neil Young bares his soul, tackles big issues in his second album this year

"Who's gonna stand up and save the Earth," Neil Young sings twice on his new album — once to the songwriter's familiar guitar and also with a chorus and orchestra.

One answer, of course, is that Young himself will stand up. But the veteran protest singer also has plenty more on his mind on Storytone, not the least of which are his romantic travails.

Storytone is the second album by the prolific Canadian singer this year and sprawls in diverse directions, with Young performing with a choir, two large orchestras and a jazz-driven big band.

A deluxe version of his 35th album features solo versions of songs that fall more into his classic repertoire of guitar-driven folk-rock.

Young turns to the orchestra as his thoughts shift to matters of the heart, with the singer — who turns 69 next week — excited to have found love again and, at times, bristling at judgment from outsiders.

"So many people don't understand what it's like to be

Neil Young's new album, Storytone, moves in many directions. GETTY

me," he sings to a solo piano, with orchestral arrangements filling the gaps between verses. "But I'm not different from anyone else / I'm glad I found you."

The singer filed for divorce this year from Pegi Young, his wife of 36 years. Pegi was presumed to be the subject of some of his most memorable love songs in the past, including 1992's Such a Woman, in which he sang, "Our love will live until the end of all time."

Since the divorce, gossip media have linked Young to actress and fellow activist Daryl Hannah. The relationship has played out increasingly in the public eye, with Young's former bandmate David Crosby chastising him over the divorce.

Young explains his sentiments on Glimmer, singing to almost operatic strings, "Tough love can leave you almost alone / But new love brings back everything to you."

But he also retains his political edge, with strident calls to fight the "big machine" to reduce reliance on fossil fuels and end fracking, the deep-drilling for shale gas. "Take down the dams, stand up to oil / Protect the plants, and renew the soil," Young sings.

Young has no plans for retirement. Along with his environmental activism, he is soon releasing a second book and is developing Pono, which aims to bring high-quality audio to downloading.

"I'm just doing the things that I think I should do. A lot of what I do now is based on trying to get some lasting value out of the rest of my life and the notoriety that I've managed to get," he has said. AFP

No purchase necessary. Contest entry open Nov 12, 2014 until Nov 16, 2014 to legal res. of Canada (excl. QC) of age of majority in their prov. of residence as of entry. Prizes avail.: 15 advance screening passes of "The Hunger Games: Mockingjay Part 1" awarded in each of Toronto, Vancouver, Calgary, Edmonton, Ottawa, Winnipeg and Halifax. ARV $25/ pass. Odds dep. on number of eligible entries rec'd. Internet, email address, math skill-test req'd. Rules and entry: www.clubmetro.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS: GETTY IMAGES

Lorde is the bestie for her Swifty retort to Diplo gag

Oh, Diplo. You should have known not to go after Taylor Swift. When the DJ/producer started a Kickstarter campaign to Get Taylor Swift a Booty, Swift's BFF Lorde came to her rescue in full force. "Taylor Swift Still Needs Your Help," the campaign page reads. "Any true supporter of TSWIFT would definitely not pass up this opportunity to improve her posterior! THIS is not a joke!" (Obviously it's a joke.)

The fact that Diplo happens to be dating Swift enemy Katy Perry takes this from a prank to some song-writing-worthy drama. While Swift may not have fired back, that didn't stop Lorde, who tweeted at Diplo, "Should we do something about your tiny penis while we're at it?"

Fraida not, Dumb and Dumber To: JLaw nixes flashback cameo

This was probably for the best, really. Despite being a professed fan of the first film, Jennifer Lawrence reportedly had second thoughts about her planned cameo appearance in Dumb and Dumber To — playing a younger version of Kathleen Turner's character, Fraida Felcher, in a flashback.

According to the Hollywood Reporter, Lawrence happily filmed the cameo last fall but retained the right to nix it from the film's final cut if she didn't like it, and she apparently exercised that right. Sound judgment.

Jennifer Lawrence

The Word

Achtung baby, there's U2 debris in those German trees

NED EHRBAR
Metro in Hollywood

Somewhere in a forest in Germany, a couple of suitcases from U2's private jet are just waiting for you to find them.

Bono and four friends were flying the band's Learjet 60 from Dublin to Berlin earlier this week when the rear door of the luggage compartment fell off and dropped 15,000 feet to the ground, along with two pieces of luggage.

While the pilots told investigators they felt a turbulence-like rumble, the crew and passengers didn't realize what had happened until they landed. "The aircraft and its rear door are painted black, so the search in the wooded area will be difficult," a spokesman for the German Federal Bureau of Aircraft Accident Investigation says.

All I'm saying is that somewhere in Germany, there's a hiker suddenly looking to shift 150 pairs of sunglasses on eBay.

Robin Wright

Robin Wright has Ben there, done that, breaks off engagement

There's been plenty of reporting about Sean Penn's love life since divorcing Robin Wright, from his brief fling with Scarlett Johansson to his ongoing relationship with Charlize Theron.

But what about Wright? What's she been up to? Well, maybe you shouldn't have asked. The House of Cards star has reportedly broken off her 10-month engagement to Ben Foster, according to Us Weekly. "She got swept up in the engagement last Christmas, but then their schedules got crazy and she realized it wasn't the right decision," a source says.

But another source thinks it's all down to the age difference between the two. "The gap just ended up being too much," the second source insists. "Ben was kind of immature. She couldn't deal with him anymore." Ouch.

Twitter

@rustyrockets
Kim Kardashian's arse: A glistening portal to some memory of a time when we knew who we were and what we are? Or not?

@katyperry
Also we landed on a comet y'all

@rickygervais
Another day of acting, directing and ruining half the takes by laughing.

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Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Are you game to try something new?

This recipe serves six. COURTESY RICARDOCUISINE.COM

Pappardelle with Braised Rabbit. This pasta dish is off the beaten culinary path in more ways than one

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

If braising isn't in your cooking repertoire, it's time to add it — stat! This technique, which involves searing a piece of meat and letting it cook slowly in some stock and aromatics, delivers big flavour for a minimum amount of effort.

You will fall in love with this creamy pasta recipe. The rich sauce with braised rabbit is off the beaten path, since it doesn't include tomatoes.

Ragù

1. In a large saucepan or deep skillet over medium high heat, brown the rabbit in the butter. Season with salt and pepper. Set aside on a plate.

2. In the same saucepan, soften the carrots, onion and garlic. Sprinkle with the flour and cook while stirring for about 1 minute. Add the wine and bring to a boil, stirring constantly.

3. Add the broth, bay leaf and rabbit pieces. Bring to a boil, cover, and simmer over medium-low heat, for about 1 hour and 30 minutes. Remove the rabbit and bay leaf. Debone the meat and return it to the sauce. Adjust the seasoning.

Pasta

1. Meanwhile, in large pot of salted boiling water, cook the pasta al dente. Drain and oil lightly if they have to rest aside.

2. Add the pasta and herbs to the pan with the rabbit sauce. Stir to combine and warm through. Stir in the cheese and adjust the seasoning.

FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED THIS SEPTEMBER!

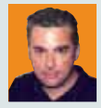
Ingredients

Ragù
- 1 rabbit, cut into 5 or 6 pieces (or 4 rabbit legs)
- 1/4 cup (55 g) butter
- Salt and pepper
- 3 carrots, peeled and cut into 1/4-inch (1/2 cm) small cubes
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tbsp unbleached all-purpose flour
- 1/2 cup (125 ml) white wine
- 4 cups (1 litre) chicken broth
- 1 bay leaf

Pasta
- 3/4 lb (340 g) pappardelle
- 2 tbsp chopped parsley
- 1 tsp chopped fresh rosemary
- 1 tsp chopped fresh thyme
- 1/2 cup (50 g) grated Parmigiano-Reggiano cheese

Liquid Assets

Wild pairing indeed



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Growing up in Nova Scotia, I saw my fair share of rabbits in the wild, and sometimes even in my own backyard.

I was more into feeding them than eating them; though my grandfather was prone to springing one on me as an entrée during fishing trips we'd take together when I was a kid.

I've had rabbit since, but never featured on a bed of pappardelle à la Ricardo this week.

On its own, rabbit prefers a red. Its light, gamey flavour works well with wines made from Malbec, Shiraz and Pinot Noir.

In Ricardo's recipe the creamy sauce calls for a white liquid partner. A subtly oaked Chardonnay is a good choice, as is an Italian from Soave or a Pinot Grigio.

A white from France's Rhône region is an inspired alternative. M. Chapoutier's 2012 Belleruche Côtes-du-Rhône Blanc ($16.61 to $19.99) has a base of Grenache blanc that gives it bright aromatics and a full, round flavour that will appease both the protein and pasta dressing.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Comfort with a touch of fancy

Ingredients

- 6 veal cheeks (or 3 beef cheeks), trimmed of fat
- 2 tbsp (30 ml) olive oil
- 3 carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 cup (250 ml) red wine
- 1 cup (250 ml) veal stock (or veal demi-glace or beef broth)
- 2 tbsp cocoa powder, sifted
- Salt and pepper

1. With the rack in the middle position, preheat the oven to 275 F (140 C).

2. In a Dutch oven over high heat, brown the meat in the oil. Season with salt and pepper. Transfer to a plate and set aside.

3. Soften vegetables in the remaining fat in the Dutch oven. Deglaze with the wine. Add the veal stock and the browned meat and bring to a boil. Cover, transfer to the oven and braise until meat is fork-tender, about 3-4 hours.

4. Remove the meat from the Dutch oven.

5. Whisk the cocoa powder into the sauce. Adjust the seasoning. Return the meat to the Dutch oven.

6. Serve with carrots and mashed potatoes. **RICARDO**

Braised Veal Cheeks with Cocoa Sauce serves six. COURTESY RICARDOCUISINE.COM

Thank your muscles for the good mood

Wellness. Study shows well-trained muscles produce enzyme that guards against the blues

EVA KIS
Metro in New York City

Could that punch knock out more than what's nagging you now? ISTOCK

Besides the short-term feel-good endorphins released during exercise, scientists have known that physically fit people are also better protected from stress-induced depression.

But the reason for this benefit wasn't clear until a new study by researchers at Sweden's Karlinska Institutet unlocked how the brain is protected by exercise.

Research has shown that workout out raises the level of a protein called PGC-1a1 in skeletal muscle.

The Swedish team honed in on this protein, genetically modifying mice to produce more of the protein, which led to their skeletal muscles showing characteristics of training even without exercise, they report in the journal Cell.

These mice, as well as a group of non-modified control mice, were kept under stressful conditions that included loud noises, flashing lights and disruption of their natural circadian rhythms. After five weeks, the normal mice had become depressed, but the genetically modified mice showed no symptoms or behaviours of depression.

The researchers' initial hypothesis was that the PGC-1a1 enhanced muscles would produce a brain-boosting substance, but that's not what happened.

"We actually found the opposite: Well-trained muscle produces an enzyme that purges the body of harmful substances," Jorge Ruas, principal investigator at the Department of Physiology and Pharmacology, Karolinska Institutet said in a statement. "So in this context, the muscle's function is reminiscent of that of the kidney or the liver."

The enhanced mice also showed higher levels of an enzyme called KAT, which converts a metabolism byproduct, kynurenine, that forms during stress into kynurenic acid, which cannot pass the blood-brain barrier. Though the exact function of kynurenine isn't known, it's present in high levels in mentally ill patients.

In fact, mice in the PGC-1a1 were not only unaffected by their stressful environment, their kynurenine levels never rose since it was so rapidly converted by their muscles.

The puzzle of depression

Depression is estimated to affect 350 million people worldwide, and scientists are still unsure of its cause and chemistry.

- "In neurobiological terms, we actually still don't know what depression is," said Mia Lindskog, a researcher at the Department of Neuroscience at Karolinska Institutet. "Our study represents another piece in the puzzle, since we provide an explanation for the protective biochemical changes induced by physical exercise that prevent the brain from being damaged during stress."

What to eat before and after a workout

When it comes to working out, your snacks should work as hard as you do. We got registered dietitian Molly Morgan to share some of her favourite products from Nuts.com to help your body build muscle, fight fat and recover the best it can after a workout.

Cacao Goji Energy Squares:

When a dietitian recommends chocolate, who are we to argue? These densely packed bites are made with organic, raw ingredients: dried fruit such as dates, raisins and apricots, as well as sunflower and sesame seeds. Besides being a great source of vitamins, minerals and fibre, the cacao and goji berry add antioxidants, plus the boost of energy needed to get you pumped for your workout.

Power Mix:

This grown-up version of trail mix is pure energy (with zero added salt). Roasted peanuts and soybeans provide ample amounts of protein and dietary fibre, while raisins, dried strawberries, cherries and cranberries pack in vitamins and antioxidants. Just toss this snack into your gym bag, or bring some along on hikes and bike rides for a steady source of body fuel.

Sacha Inchi:

Also known as Inca peanuts, these make Morgan's list because they provide a complete source of protein with all the essential amino acids. Just a handful (1 ounce) has about 8 grams of protein and 6 grams of fibre. Their mild, nutty taste makes them a great addition to a smoothie; toss a few in for texture.

Quinoa Puffs:

These little squares contain all nine essential amino acids, the proteins that build muscle. Quinoa puffs are an easy way to get the benefit from the nutrients in regular quinoa, an excellent source of iron and fibre. Morgan likes them as part of breakfast, perfect with a drizzle of honey, fresh fruit (go for blueberries, an antioxidant powerhouse) and milk.

It's supplemental when it comes to vitamins

Nutrition tips. Looking for a little extra oomph in your diet? Experts weigh in on which add-ons actually provide a benefit

LASSE EMIL KRISTIANSEN
Metro World News in New York

With aisles full of endless vitamins and supplements, which are the ones you really need to take? We asked experts for their best advice on what supplements to take — and more importantly, how to remember to take them!

Nutritionist Brooke Alpert, a registered dietician and author of The Sugar Detox, recommends all her clients take vitamin D, omega-3 and a probiotic. Those three are what most people are lacking, she says, and they are vitamins that can be taken every day.

"The goal is to get these from your diet, but there's no way to get enough vitamin D from your diet," she says. "And there's no way of being sure that we get enough omega and fatty acids from the quality of fish we're eating."

The nutritionist recommends that fat-soluble vitamins like A, D, E and K should be taken with food. Fat helps you absorb those vitamins, she explains.

"But what's most important is taking them at a time you will remember. I would rather have the vitamins be a little less effective, but taking them regularly instead of sporadically," Alpert says.

And she has some good advice for how to remember it:

"Put the vitamins next to your toothbrush, so you remember to take them before you go to bed. You brush your teeth, you floss, you take your vitamins and you go to sleep."

Another important thing is to get into a vitamin routine as early as possible.

"In their 20s, a lot of people aren't thinking long term," she says.

"'I'm 25, I'm invincible. I feel great, I don't need sleep.' But get into that routine of taking vitamins, and trust me — when you're in your 30s you'll appreciate what you did in your 20s," the nutritionist says.

Vitamin D, omega-3 and a probiotic are basic supplements everyone should be taking. ISTOCK

Dermatologist Dr. Mitchell Kline also highly recommends that people take a vitamin D supplement.

"You can't get enough vitamin D by going in the sun for 15 minutes. That's made up!" Kline says.

He also wants everyone to remember to get their antioxidants — especially men, who seem to forget it.

"It's also important to get these vitamins topically," the dermatologist adds. "Use cream for your face. Again, that's something men forget about. Cream is necessary."

Lastly, the doctor adds that vitamins can be taken when it suits you.

"If it doesn't upset the stomach, you can take it whenever. If the vitamins upset your stomach, you should take (them) after a meal," he says.

There's not much parents wouldn't do to see their children's faces light up with delight during the holidays. SHUTTERSTOCK

Trendy toys to light up little faces

From Santa's sleigh. Playtime is getting a boost this Christmas

JEN TAPLIN
For Metro

There's not much parents wouldn't do to see little faces light up with delight and make Christmas magical.

If your kids are shorter than you, likely you'll be buying toys with a familiar faces on them, said Victoria Spada-Miele, with Toys "R" Us Canada.

"Infants, toddlers, preschoolers and young kids are really into the licensed products of the characters they love, interactive toys with lights, sounds and songs, as well as construction and building toys," she said.

Spada-Miele split this year's hottest toy trends into five categories. The first she called customized creations; these are toys like the Crayola Paint Maker and the Doh Vinci Style and Store Vanity.

Everything in the pets-without-mess category are furry toys like Lulu My Cuddlin' Kitty, which kids can train.

In the kid-powered category, parents will be looking for the LeapBand Activity Tracker or the Nerf Rebelle Heartbreaker and Crossbows.

On-screen favourites are toys that "bring the characters kids love to life and help kids role-play their favourite movies," Spada-Miele said.

The last category she calls toys to life, and these are toys that merge traditional with digital. Check out the Toy-Fi Teddy, which is Bluetooth enabled, or Tamagotchi Digital Pets.

Toy manufacturers have their own lists of what's hot this year.

Little Pnuts Founder, Melissa Bossola Beese, said kids are moving away from gender-specific toys.

"Children are beginning to look toward toys that engage through innovation. Marble runs, dominoes and building blocks are examples of toys that allow children to use their imagination to create just about anything," Bossola Beese said.

Toys that grow with kids are always a good choice for parents, Wiese said. An example is the Little Tikes Big Dog truck, which goes from a walker to ride-on with lights and sounds.

Mattel released its list of most popular toys this season, and for babies, the Fisher-Price Laugh and Learn Smart Stages Chair is at the top of the list. Barbie still reigns supreme. Mattel expects 2014 Holiday Barbie Doll to be a big hit for girls six and older.

From left to right, Fisher-Price Laugh and Learn Smart Stages Chair, 2014 Holiday Barbie Doll, Little Tikes Big Dog Truck, and the Little Pnuts Box.

Gadgets with more bells and whistles

Sure, your loved one may already own a desktop computer, laptop or tablet, but maybe it's time for an upgrade. Give them more power, more speed, more bells and whistles this holiday season by putting any one of these high-tech devices under the tree.

Samsung Galaxy Tab S — $419.99 and up

iMac with 5K Retina display $2,749 and up

You've never seen an iMac like this before. Not only does it feature the latest quad-core Intel processors, AMD graphics, and new Thunderbolt 2 ports, it also boasts a stunning new screen. The Retina 5K display has four times the pixels of a standard 27-inch iMac, and 67 per cent more pixels than a 4K TV. Seeing is believing.

Lenovo Yoga Tablet 2 Pro $549.99 and up

Samsung Galaxy Tab S $419.99 and up

An Android tablet with more than just good looks. Its super amoled screen boasts rich colour with 100 times the contrast of standard tablets. Mutli-taskers will love the fact they can open two apps at the same time, or view their Galaxy smartphone's screen right on their Tab S with the SideSync feature.

Lenovo Yoga Tablet 2 Pro $549.99 and up

Designed for work and play, this unique tablet boasts an industry first: The ability to turn any room in your house into a home theatre. The built-in projector can project images up to 50 inches on any wall, while the eight-watt built-in speakers equal excellent sound quality.

MIKE YAWNEY/ FOR METRO

iMac with 5K Retina Display — $2,749 and up

41 shopping days left

Ways to keep spending on track

Budget-friendly. For gifts and outings, you can have fun and save

ASTRID VAN DEN BROEK
For Metro

Getting outside and enjoying some activities is not just thrifty — it's fun. SHUTTERSTOCK

It's the most spend-happy time of the year. Indeed, when it comes to the holiday season, budgets can easily and quickly get tossed out into the nearest snow bank. So how can we stay on track this year? We've collected some tips on how to save — and not just spend — this Christmas.

Think outside the ... well, just outside Getting out and enjoying the outdoors over the holiday season can be friendlier to your wallet than catching the latest holiday movie.

"Strap on a pair of skates and find an outdoor rink for a quick game of family shinny. If you live in a rural area or an urban environment with some green space, the cheap recreational possibilities are endless," says Kyle Prevost who co-authors the website Youngand-Thrifty.ca. "If the weather outside is frightful, introduce some young members of your family to a favourite board game that has been collecting dust for the last couple of years."

Set a truly firm gift budget Plan out a set amount to spend on each person or group of people to trim your overall gift bill. "I've seen several cases where people say something along the lines of, "I'll spend roughly $30-$50 on everyone and that should equal $200 or so," only to be shocked by their credit card statements in January," says Prevost.

"If you stretch the budget to find that 'perfect gift' for every person on your list don't be surprised if the overall total is higher than anticipated."

Get Googling ... and make the most of your online shopping.

"If you hate trying to keep track of coupons, just Google 'promo code ____' before taking your online cart through the checkout and you can often save a huge amount off of the original price or at the very least snag free shipping," suggested Prevost. In addition, check other alternative retailers than the primary one you're shopping with for deals such as eBay, Kijiji, and Craigslist.

Team up on gifts That way you could collectively spring for larger items that normally wouldn't fit in your budget.

"This year, my spouse and I are teaming up with my parents to get my brother and his spouse camping Therm-a-rests," says Anne Keery, who runs the blog uniquegifter.com. "Having only one just isn't that useful, but two is well beyond my budget."

Think hard about the gifts you choose "Do not get caught up in the latest hype," warns Keery. "If your gift recipient still wants the craze item in six months, chances are very good it will be more readily available and be sporting a lower price tag."

In fact Keery notes that there are two different ways to shop for holiday gifts that can keep your budget in check.

"One is to keep a very open mind about what you want to purchase, so you can take advantage of great prices as you come across them," she suggests. "And the second approach is to have a concrete list and comparison shop for those specific items."

And for next year... Be that annoying friend and shop all year long for Christmas.

"Plan ahead and pounce on seasonal deals that occur throughout the year. It might require almost superhuman organization and shopping skills to anticipate winter coat needs in April or May, but if you don't mind sitting on that perfect gift for a few months you can save yourself a wad of cash," says Prevost.

In addition to grabbing good sales, this also spaces out the financial hit of the holiday season over more of the year so you don't get hit all at once.

Lemon cranberry biscotti

This year, spread some holiday cheer to a friend, neighbour, or colleague with a freshly baked batch of crisp and flavourful biscotti.

Makes 24 servings
Ingredients: 2-1/4 cups (550 mL) all-purpose flour
1 cup (250 mL) sugar
1 cup (250 ml) dried cranberries
2 tbsp (30 ml) grated lemon peel
2 tsp (10 ml) baking powder
3 large eggs
3 tbsp (45 ml) butter, melted
2 tbsp (30 ml) fresh lemon juice
2 tsp (10 ml) vanilla

Preparation:
1. Preheat oven to 350°F (180°C).
2. Combine flour, sugar, cranberries, lemon zest and baking powder. In a separate bowl, whisk eggs, butter, lemon juice and vanilla until well blended.
3. Pour liquid ingredients over dry ingredients. Stir until a stiff dough is formed. Turn out onto a lightly floured surface and gently knead in any remaining bits of dough. Divide dough in half. Gently form each half into a log 12 x 1 ½ inches. Place on a parchment-lined baking sheet, leaving at least 3 inches between the logs. Flatten the top of each with the palm of your hand until the log is 2-inches wide. Bake 23 to 25 minutes or until the top of the log is firm to the touch.
4. Cool the logs completely.
5. Reduce oven temperature to 300°F (150°C). Remove the cooled logs to a cutting board. Cut each diagonally into ½-inch wide slices. Place on the same baking sheet. Bake 15 to 18 minutes or until slices are dry and light golden in colour. Cool biscotti on baking sheet on a wire rack. NEWS CANADA

High-tech trinkets

MIKE YAWNEY
For Metro

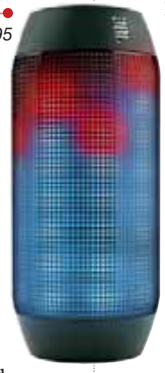
It doesn't matter how young or old you are, everyone loves unwrapping a gadget during the holidays. Here are some of the top tech toys you can give to youngsters and teens to ensure there won't be any grumbling on Christmas.

Ollie by Sphero — $99.95

Smartphone Spy Lens
$20
Help youngsters let out their inner spy. This periscope-style lens allows you to shoot photos at 90-degree angles on your smartphone.

Smartphone Spy Lens — $20

It's made of high-quality glass to ensure image quality is not lost. Also works as a sneaky way to take pictures while texting. Visit the website: photojojo.com.



JBL Pulse — $229.95

Adidas miCoach Smartball
$299.95
Help your child improve their kicking technique with this smart soccer ball from Adidas. The built-in sensor provides instant feedback on power, trajectory, spin and strike accuracy, displaying it all on your iOS device. Despite the technology inside, it still maintains the weight and feel of a regular soccer ball.

JBL Pulse
$229.95
A portable speaker that makes a statement. Not only does this compact Bluetooth speaker sound great, it looks great, too. Internal LEDs pulsate to the beat of your music, creating a customized light show. You can also fine-tune the lighting effects (or turn them off) with your smartphone. The rechargeable battery will let your beats keep pumping for a long time — transforming any place into an instant party.

Adidas miCoach Smartball — $299.95

Tiggly Shapes — $29.95

Tiggly Shapes
$29.95
Show your little ones how much fun learning can be. These rubberized shapes are used in conjunction with Apple's iPad to help youngsters not only learn shapes but help improve their motor skills through games. Each shape is rubberized and designed not to scratch your iPad's screen.

Disney Friends of Hue Starlight Starter Kit
$159.95
Bring Disney stories to life through this magical light. This Mickey-shaped LED light pairs with your iPad. You can change the lighting of the room to match the mood of the Disney stories included in the iPad app. You can also use the light on its own, choosing from one of 16 million colour choices. Perfect for a young child who is scared of the dark.

Ollie by Sphero
$99.95
A stunt robot built for speed. Controlled by your smartphone, Ollie can race, spin, drift and flip around your home, or outside.

Disney Friends of Hue Starlight Starter Kit — $159.95

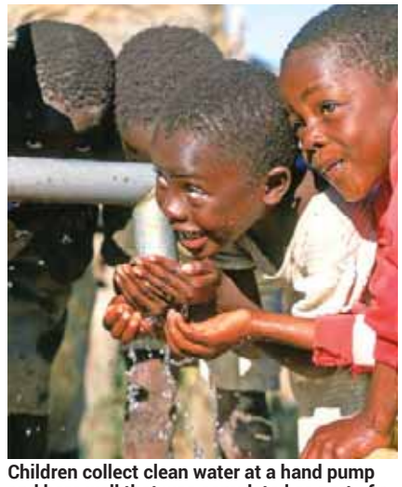
Give the gift of clean, safe water

Living in Canada, it's easy to take for granted our readily available access to clean, safe drinking water at the turn of a tap. Not all people are as fortunate as we are — in fact, one child under the age of five dies every minute due to a lack of safe water and sanitation.

This holiday season, WaterAid Canada can help you make the gift of clean water a reality for children, women and men who desperately need it.

This year's Gifts of Water holiday campaign will help to change the lives of over 40,000 people living in the impoverished Monze District of Zambia. Their community-driven projects assist local people to gain access to safe water, hygiene education, and sanitation facilities — thereby opening the door to better health and livelihoods.

"It's not about a quick-fix; it's about providing long-term, sustainable solutions that are locally appropriate and owned by the communities we partner with. It's about giving a hand-up, not a hand out," explained Allison Stark, a representative of WaterAid Canada.



Children collect clean water at a hand pump and bore well that was completed as part of a WaterAid project in Malwngo village, Monze District, Zambia. COURTESY WATERAID/JON SPAULL

As little as $100, which we easily spend on a night out at the movies with our kids, can provide a lasting and life-giving source of clean, safe drinking water for a family of four."

Last year, WaterAid Canada raised $109,000 during their Gifts of Water campaign and with the community's support they hope to do even better this year. Gifts of Water start at only $25. You can make donations until the end of December by visiting giftofwater.ca.

A GIFT FOR BOTH SENIORS AND CAREGIVERS ALIKE

The greatest gift of all? The gift of independence. And through donations to Carefor Health & Community Services, seniors throughout Eastern Ontario can enjoy more time — and safer conditions — at home.

It can also give those unheralded heroes, the caregivers, the gift of time and respite.

"We can help families who need respite — who need a break," explained Beth Monaco, a fundraising specialist for Carefor, adding that donations go to fund a number of programs, including helping subsidize adult day programs for people with dementia.

"We subsidize entry into the program for those who need it," she said. "Though it's not a lot of money, even $20 can be a burden for caregivers and families. This subsidy is not funded and is only possible through the generosity of our donors."

In addition to the adult day program, which provides social and physical interaction for patients, Carefor provides a number of services, including visiting nurses, in-house nursing, and respite care. This includes a 12-bed facility that supports seniors when their caregivers need a short-term respite for things such as personal surgery.

"Participation in some of our programs has doubled," she said. "It's a benefit for all because not only do people stay in their homes longer, but they can avoid hospital stays and injuries."

CONTRIBUTED

For more details, please visit carefor.ca.

Gifts of Water

What will you be giving this holiday season?

WaterAid

giftsofwater.ca

The holiday season begins at home.

It is fond memories, hugs and tender moments.

Your donation to Carefor Health & Community Services, **will make a difference in the life of a senior** in our community.

Carefor helps seniors in need to live comfortably and safely at home by providing care and services to support their independence.

Donate today!

www.carefor.ca

Call Beth at 613-749-0239 ext 2147

Happy Holidays from everyone at Carefor

Carefor® HEALTH & COMMUNITY SERVICES / SOINS DE SANTÉ COMMUNAUTAIRES

CONTRIBUTED

Sucker for puppy-dog eyes? Support the OHS

Planning to add a pet your family this holiday season? From purebred puppies and kittens to goofy mutts and lap cats, there are thousands of animals available for adoption every year at the Ottawa Humane Society and they're missing just one thing — you.

"We're a one-stop shop for value, convenience and selection," said Natalie Pona, OHS spokeswoman. "When you go to a breeder, you see a couple animals but when you come to the OHS, you meet almost a hundred different pets in one place."

Adopting from the OHS means you're doing some good this holiday season, as 100 per cent of every adoption fee goes to helping the more than 10,000 animals that come to the OHS annually.

"You're helping us change the lives of thousands of animals," Pona said.

Unlike most animals purchased from a breeder or Kijiji, OHS pets come "fully-loaded," Pona said.

"Our dogs and cats have been spayed or neutered, vaccinated, temperament tested, and microchipped. They come with six weeks of free pet insurance and a health guarantee. There's a lot of care that goes into every animal."

Not only will pets from Kijiji often need expensive routine medical treatments — care included in every OHS adoption — but online sellers aren't always upfront.

"You don't know whether that free puppy is on his third home because he's unpredictable with kids," Pona said. "When you adopt from us, you have the peace of mind knowing your pet has been behaviour tested. We have experts who'll find you the right pet."

If you haven't visited the OHS lately, it's time to go back.

5 WAYS TO HELP

1. Become a PAW hero and help the animals with a monthly donation.
2. Direct your donation to rescue an animal from abuse, care for a homeless senior cat, etc. with Heart Warming Gifts.
3. Make a Tribute Gift in honour of a friend, family member or pet.
4. Learn their story then help a sick animal recover with the Buddy and Belle Fund.
5. Check out the Wish List for supplies for the animals.

Visit ottawahumane.ca for more information.

"Visitors are always surprised they can hang out with dozens of cats in our community rooms. You can really get to know the animals before choosing that perfect match," Pona said.

Dodgers starting pitcher Clayton Kershaw is shown on the big screen after completing a no-hitter on June 18 in Los Angeles. Kershaw was named the National League MVP on Thursday. VICTOR DECOLONGON/GETTY IMAGES

Kershaw completes awards double-play

MLB. Dodgers lefty named NL MVP one day after winning Cy Young; Angels' Trout named top player in AL

Clayton Kershaw became the first pitcher to win the National League MVP award in nearly a half-century, coasting to an easy victory Thursday.

Mike Trout was a unanimous pick for the AL honour after finishing second the previous two years. The 23-year-old became the fifth-youngest MVP in major-league history and the youngest unanimous selection.

Kershaw, the Los Angeles Dodgers ace, breezed past Miami slugger Giancarlo Stanton and Pittsburgh outfielder Andrew McCutchen for the NL award.

Bob Gibson in 1968 was the previous pitcher to be the NL MVP. Detroit pitcher Justin Verlander won the AL MVP in 2011.

Impressive stats

In his third full season, Trout hit .287 and set career highs in home runs (36) and RBIs (111) while leading the major league in runs with 115 and extra-base hits with 84.

"To have people think you mean that much to your team, it really is a huge honour," Kershaw said on the MLB Network telecast.

The 26-year-old lefty's numbers dominated hitters. Kershaw led the majors in wins and ERA while going 21-3 with a 1.77 ERA and throwing a no-hitter for the NL West champions.

Kershaw got 18 of 30 first-place votes and 355 points in balloting.

Meanwhile, Trout received all 30 first-place votes and 420 points. Detroit designated hitter Victor Martinez was second with 229 points and Cleveland outfielder Michael Brantley third with 185.

THE ASSOCIATED PRESS

MLB

V-Mart, Tigers agree on 4-year deal: Report

Victor Martinez has agreed to a $68-million, four-year contract to stay with the Detroit Tigers, according to a person with knowledge of the deal.

The person spoke on condition of anonymity to The Associated Press on Thursday because the agreement has not been announced.

The 35-year-old Martinez had perhaps his best season in 2014, hitting .335 with 32 home runs and 103 RBIs and helping Detroit to its fourth straight AL Central title — a streak that began after the Tigers signed him as a free agent before the 2011 season. That four-year deal was worth $50 million, and Detroit got plenty of value out of Martinez even though he missed the whole 2012 season with a knee injury.

THE ASSOCIATED PRESS

CFL

Ray, Elimimian named finalists for MOP award

B.C. Lions linebacker Solomon Elimimian and Toronto Argonauts quarterback Ricky Ray are the finalists for the CFL's outstanding player award.

Elimimian and Ray earned the West and East Division nods Thursday in voting conducted by the Football Reporters of Canada and nine CFL head coaches. Elimimian is the first defensive-only player to be named a division finalist for the outstanding player honour. THE CANADIAN PRESS

Crosby empathizes with injured OHL phenom

The Erie Otters' Connor McDavid, left, absorbs a check from Jalen Chatfield of the Windsor Spitfires on Sept. 26 in Windsor. DENNIS PAJOT/GETTY IMAGES

Sidney Crosby didn't see the fight that caused Connor McDavid to break a bone in his hand. Still, the NHL superstar understands what it's like to get picked on as a junior-hockey prospect.

"I'm sure he's got a target on his back," Crosby said Thursday. "It's not easy sometimes. It's one of those flukey things. But no matter how many times you've done it, even if you talk to guys who have fought for years, anything can happen in a fight and you really do have to be careful."

Making his points

51

McDavid leads the OHL with 51 points on 16 goals and 35 assists in just 18 games this season. That's a pace that would've gotten him past Crosby's 168-point total in his second season in the QMJHL.

McDavid is out five to six weeks with a fracture of the fifth metacarpal bone in his right hand as a result of hitting the top of the boards during a fight Tuesday night with Mississauga's Bryson Cianfrone.

Though Erie Otters owner and general manager Sherry Bassin said he's "confident" his captain will be able to play for Canada at the world junior championship, the six-week time frame makes that a question mark.

"I think you just try to kind of take care of the present instead of thinking about too much down the road," Crosby said. "It's easier said than done sometimes." THE CANADIAN PRESS

Milos Raonic speaks to reporters after pulling out of the ATP Finals. GETTY IMAGES

Leg injury means ATP heartache for Raonic

Forced to withdraw. Canadian ace tears muscle in loss to Murray, pulls out of last Finals group match

Canadian Milos Raonic withdrew from his final group match at the ATP Finals in London on Thursday after suffering a leg muscle tear in a loss earlier this week to Andy Murray.

The seventh-seeded Raonic was scheduled to play U.S. Open finalist Kei Nishikori of Japan, but was replaced in the Group B pool by Spanish substitute David Ferrer.

Raonic, who was 0-2 at the year-end event, said he suffered the injury late in the first set of Tuesday's 6-3, 7-6 loss to Murray. "At first it felt like cramping, but when I got up from a changeover and had to stand, I knew it was something else," he said. The 23-year-old Canadian said the low-grade tear in his quadriceps muscle measures three by five centimetres and is about a centimetre deep.

"Obviously I feel pessimistic right now," Raonic said, adding doctors told him playing might risk more damage and cost him up to six weeks of recovery time. "I had a great time here. It was very different from last year as an alternate. I was able to play well in my last event (Paris) to qualify here. I wish I could have competed, but it is what it is."

Realization

"At first it felt like cramping, but when I got up from a changeover and had to stand, I knew it was something else."
Canadian tennis star Milos Raonic

Raonic, from Thornhill, Ont., said he was looking forward to facing Nishikori, who had won four of their five meetings.

"This experience this week motivates me a lot," he said. "I felt I did pretty well, but know I can do a lot better. My season has been consistent, but I would have liked to have had a few more chances to win big matches.

"I really badly wanted to play; the competition here is about facing the best and being on top of your game."

THE CANADIAN PRESS

Tennis. Federer serves up a thrashing to Murray

Roger Federer blew away Andy Murray 6-0, 6-1 to finish the ATP Finals round-robin unbeaten, and hand Murray his worst defeat in seven years in front of his home crowd on Thursday.

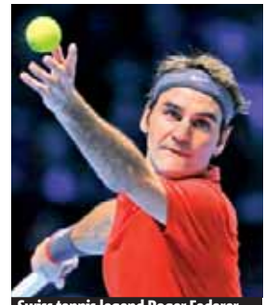
Federer, the most successful player at the year-end championship with six titles, equaled Ivan Lendl's record of 12 semifinal appearances in winning his group ahead of Japanese debutant Kei Nishikori.

It was a ruthless win for Federer, and humiliation for Murray, who last won only one game in 2007 at Miami, against Novak Djokovic.

Before playing Murray, Federer had already secured a semis berth after Nishikori defeated David Ferrer 4-6, 6-4, 6-1 in the afternoon.

That left Murray needing to defeat the 17-Grand Slam champion in straight sets to make it to the last four at the O2 Arena and thwart the Japanese newcomer.

But Federer, yet to drop a set, made a perfect start, losing only eight points in a 23-minute first set.



Swiss tennis legend Roger Federer
KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Soccer

World Cup bidding scandal just won't go away for FIFA

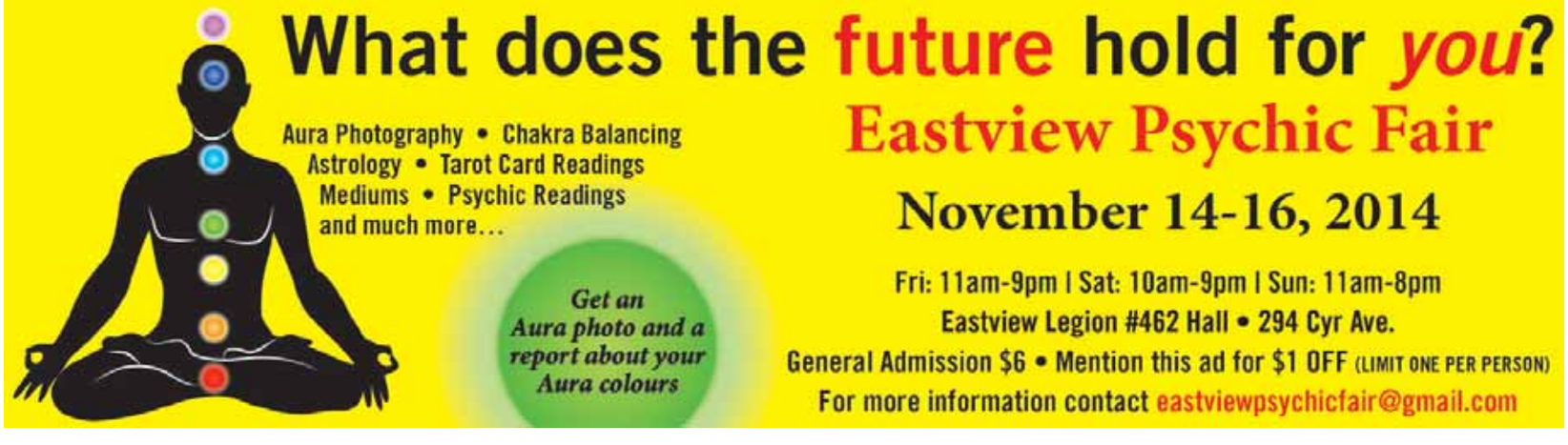
Just when you thought the turmoil surrounding FIFA couldn't get any more tangled, a new twist is here to stir things up even more.

If the leaders of soccer's scandal-scarred world governing body thought Thursday's report into the 2018 and 2022 World Cup bidding process would put to rest any suspicions of corruption, they should think again. Winning host nations Russia and Qatar got what they hoped for when the report from FIFA's ethics judge Joachim Eckert largely cleared their bids, but the saga is far from over.

That's because the American lawyer who led the investigation disputed Eckert's findings. Eckert declared the case closed, ruling that there was no evidence to support reopening the votes that awarded the 2018 World Cup to Russia and the 2022 tournament to Qatar. Yes, the German judge said, some wrongdoing was committed by eight of the nine candidates. But no, the integrity of the December 2010 votes was not affected.

FIFA, which released Eckert's report, said "a degree of closure has been reached." Not so fast. Michael Garcia, the former American prosecutor who carried out the investigation acted on by Eckert, struck back against "numerous materially incomplete and erroneous representations of the facts and conclusions" in his work. Garcia intends to appeal.

THE ASSOCIATED PRESS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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't let self-doubt creep into your mind. If a certain course of action was right before, it is still right. There is nothing wrong with what you are doing but your attitude could be better.

♉ Taurus
April 21 - May 21
You need something to take your mind off your problems. Better still, you need to reorder your mind so you can see they are not really problems at all.

♊ Gemini
May 22 - June 21
Try not to exaggerate your troubles today, because with the Sun at odds with Jupiter, planet of expansion, things could easily get out of control.

♋ Cancer
June 22 - July 23
If you approach a work or relationship problem from a predictable angle then you will get a predictable answer. But if you creep up on it you may discover something you had not noticed before — that it's not really a problem at all.

♌ Leo
July 24 - Aug. 23
A financial matter must be left to run its course. You could've done more to influence the outcome but it's too late now.

♍ Virgo
Aug. 24 - Sept. 23
You may be able to see where loved ones are going wrong but unless they specifically ask for your assistance you are advised to keep your distance.

♎ Libra
Sept. 24 - Oct. 23
What you are given today may not be what you wanted but if you accept it in the right spirit it will lead to something better.

♏ Scorpio
Oct. 24 - Nov. 22
Every turn you take seems to lead further away from what you are aiming for. Could it be that your subconscious mind is trying to warn you that what you're aiming for isn't desirable?

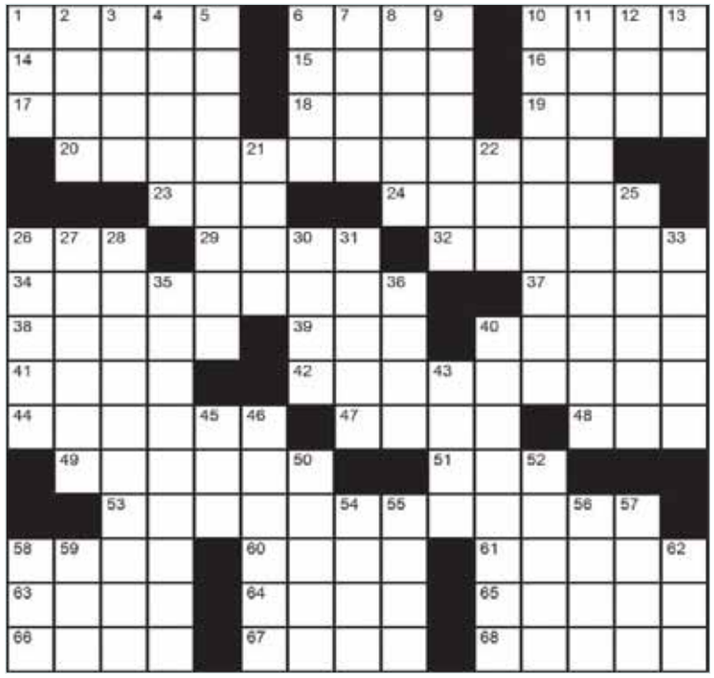
♐ Sagittarius
Nov. 23 - Dec. 21
Something will challenge your established opinions today and you could even find yourself agreeing with ideas and theories you once dismissed.

♑ Capricorn
Dec. 22 - Jan. 20
You have a tendency to work harder than most people but with the Sun at odds with Jupiter today you could go too far and exhaust yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You may be inclined to throw caution to the wind and take a gamble but the planets indicate it could go wrong. You don't have to take risks to get what you need — just stick to your present course.

♓ Pisces
Feb. 20 - March 20
If a friend proposes something out of the ordinary it might be wise to hold back from getting involved. This is one of those occasions when what seems like a great idea turns out not to be.

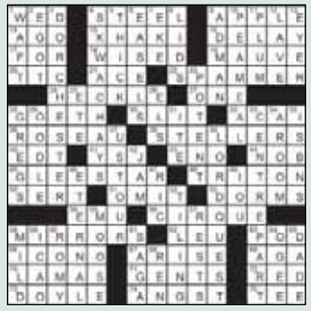
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Liver or kidney
6. Tree-to-apple attachment
10. Bag brand
14. Steal, archaically
15. Cover
16. "The Golden Girls" role
17. Beneath
18. Segment
19. Repeat
20. 1998 to 2003 series for Canadian actor Joshua Jackson: 2 wds.
23. "__ Kids" (2001)
24. Huge amounts
26. Guitarist's prop
29. 'Ballad' suffixes
32. Got totally ticked off: 2 wds.
34. Cape Breton Island set movie starring British actress Helena Bonham Carter, "__ Museum" (1995)
37. Heraldic border
38. 2009 Whitney Houston album: '_ __ to You'
39. Canuck motorists org.
40. Displayed displeasure
41. De __ (Again, in Latin)
42. Not cooked enough
44. Antsy: 2 wds.
47. "Breakadawn" by __ __ Soul
48. Beatles' "Maggie __"
49. Full
51. 'Hotel' suffix
53. Giant sweet baked treats which #40-Down is famous for: 2 wds.
58. Mr. Emanuel (Former White House Chief of Staff who is Chicago's current mayor)
60. Without change: 2 wds.
61. __-__-over
63. __ Wyck (1941 book by Victoria artist Emily Carr)
64. Jules Verne's Captain
65. Give back borrowed money
66. Rowing implements
67. Islands: French
68. Some tides

Down
1. Sphere
2. Marsh plant
3. Apple variety
4. Declares
5. Language in George Orwell's Nineteen Eighty-Four
6. Banish
7. Cans
8. Order
9. Montreal subways
10. Canadian actor Bruce
11. Sports stadium spot: 2 wds.
12. Bonfire leftover
13. God willing, __ volente
21. __ and terminer
22. Bambi's aunt
25. Actress/singer Ms. Gomez
26. __ acid
27. "Cheers" bartender Sam
28. __ Bridge (Spanning the Red River, it links St. Boniface to downtown Winnipeg)
30. Receipt: French
31. Support sort
33. Actress sister of Michelle Pfeiffer
35. Tom Cochrane & Red Rider song: 2 wds.
36. Single-named songstress
40. Yukon: __ Lodge (An hour from Whitehorse, famous stop at Mile 55 on the Klondike Highway)
43. Tiger Woods' ex-wife
45. __ rummy
46. Verdi opera of 1844
50. Work-of-art displayer
52. Currency of India
54. Street performer
55. Bears: Spanish
56. Wine region of Calif.
57. Crack
58. Movie studio
59. Mobile's li'l state
62. Prefix to 'functional'

Yesterday's Crossword

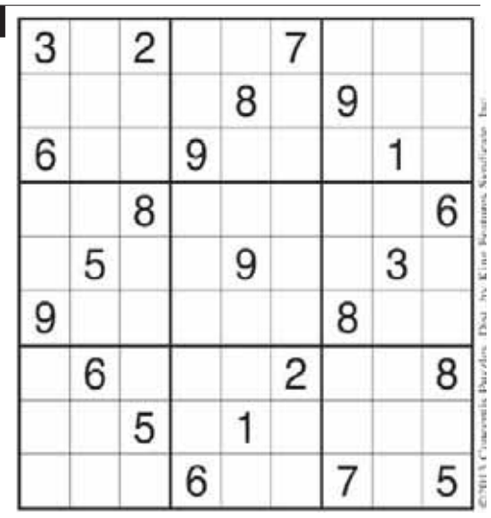


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	3	5	9	7	1	4	2	8
4	9	7	2	3	8	6	5	1
1	8	2	6	5	4	3	9	7
7	6	4	3	8	5	9	1	2
2	5	8	1	9	6	7	3	4
9	1	3	4	2	7	5	8	6
5	4	9	8	6	2	1	7	3
8	7	6	5	1	3	2	4	9
3	2	1	7	4	9	8	6	5

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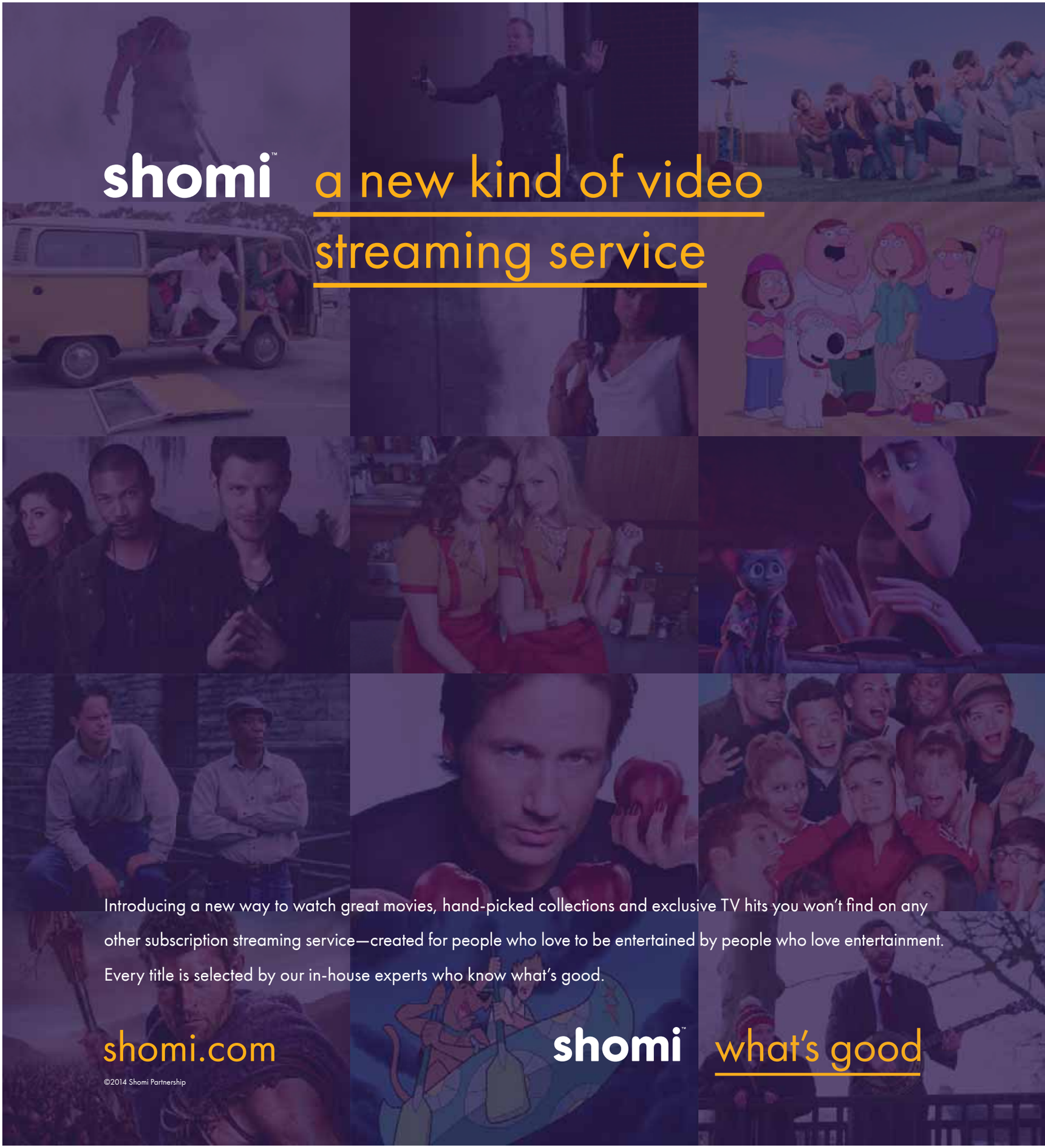
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